

LONGFORD  
NEWSAGENCY  
\$4.25

# Grass Roots

Craft and self-sufficiency

For down to earth people

AUST \$4.25

Australian and  
New Zealand Edition

Registered by  
Australia Post  
Publication No. VACO 405

ISSN 0310-2890

No. 90

APRIL/MAY 1992

•  
Organic  
Gardening

•  
Selling at Markets

•  
Simple Cheeses

•  
Choosing  
a Pump

•  
Money Saving  
Darning

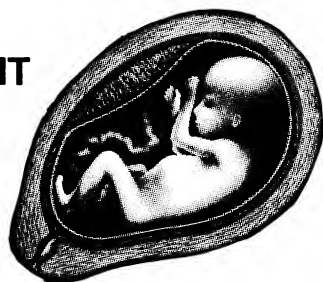
•  
Soya Milk

•  
Homemade  
Forge





**FOR NINE MONTHS  
YOUR BABY HAD THE PERFECT  
SLEEPING  
ENVIRONMENT**



**TWELVE  
MORE MONTHS  
IN A WOMB LIKE HAMMOCK  
WILL MAKE A WORLD OF  
DIFFERENCE!**

*THE INTERNATIONAL AWARD WINNING*  
**Blissful Mobile Baby Hammock**

by **Amby**

**BABY BED OF THE 90'S**  
**as featured on 'BEYOND 2000'**

PARENTS KEEP THANKING US FOR CREATING THE MOBILE BABY HAMMOCK (MBH). In cards, letters and phone calls, parents say that the Hammock is such a natural bed that their babies are 'more relaxed, sleep better and are generally happier and more alert. They also seem to suffer less from colic'. Word travels fast. In 2 short years this Australian creation has not only found its way into hospitals, child care centres and thousands of Australian homes, but is also sold in the USA, Europe and New Zealand. The MBH recreates the sensation of the womb. It provides two very important ingredients for growth and development

- womb-like security and movement.

The MBH is a day and night bed suitable for babies from birth to about 12 months. No other bed or bedding is required. The portable frame can also be used for baby bouncers (bouncer not incl.).

*Your baby will have the best,  
with a hammock that's like nature's nest!*

**Price: MBH (complete) \$149.95**  
(incl p&h insurance)

**Colours: Frame - white.**

**Hammock - apricot, jade, lavender, lemon, mint, pink, royal, turquoise, watermelon.**

**Also available MBH Mosquito Net** (fire resistant). **Price: \$18.50** (incl p&h). **Colours: apricot, lavender, lemon, pink, sky, white.**

**Amby Baby Hammock Pty. Ltd**

**ACN: 008111993**

**124-128 Fosters Road  
Hillcrest SA 5086**

**Tel: 08-261-6249**

**Fax: 08-369-0330**

**NSW agent: Magic**

**Years ph: 02-890-6633**

## *Just Released* **NATURAL HORSE CARE**

by Pat Coleby

In **Natural Horse Care**, Pat explains the important role of farm management, vitamins and minerals in the health of the horse and details practical and inexpensive ways of avoiding and curing health problems. Also included are suggestions for feed rations and management so common ailments are avoided.

Pat has written this book in response to the many requests she has received from the general public and those she has helped in professional and amateur circles. This inexpensive book costs less than one visit from a vet but the information in it will save the reader plenty. **Natural Horse Care** shows the trainer, breeder and enthusiast how to keep their animals in top health and avoid disease so better results can be achieved. It is a vital part of any horse reference library.

**Price \$11.95 plus \$2 p&p**  
**Night Owl Publishers**  
**PO Box 242, Euroa 3666.**

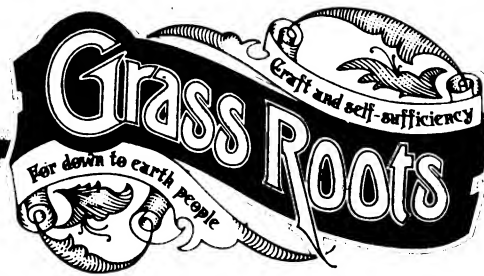
## **FARMING NATURALLY AND ORGANIC ANIMAL CARE**

by Pat Coleby

**Farming Naturally and Organic Animal Care** explains how to manage the farm and the livestock that live on it by first balancing the minerals in the soil. From this comes healthy fodder of high quality which produces healthy, disease-free livestock. The author then lists the different diseases appropriate to the farm stock with notes on how to cure them using vitamins, mineral and management.

**Farming Naturally and Organic Animal Care** is a practical book which will help create profits for the farmer, reduce costs for the stock-keeper and provide better health for Australian farm animals.

**Price \$14.95 plus \$2 p&p**  
**Night Owl Publishers**  
**PO Box 242, Euroa 3666.**



Feedback Link-up Feedback. . . . .	Julia Veitch. . . . .	4,80
An Organic Odyssey. . . . .	Julia Veitch. . . . .	14
<del>Setting Up a Drawn Bed</del> . . . . .	Sandra Morton. . . . .	17
<del>Build a Portable Covered Market Stall</del> . . . . .	Pamela & Herman Odijk. . . . .	18
The Big Lift. . . . .	Linda Noodrow. . . . .	19
Making Soy Milk. . . . .	Lori Desmond. . . . .	21
Soy Flour Milk. . . . .	Robyn Hoy. . . . .	21
A Pig Tale. . . . .	Judy Taylor. . . . .	23
Oasis. . . . .	Nancy Oliver. . . . .	25
An Avian Identity Crisis. . . . .	JM. . . . .	26
A Push-Me-Pull-You in the Kitchen. . . . .	Barbara Hemmings. . . . .	27
<del>Macadamia</del> . . . . .	David Noel. . . . .	28
Earthkeepers. . . . .	Judith Collins. . . . .	29
The Hobbies of a Beach Rambler. . . . .	Jane Smith. . . . .	31
Two Years in Tasmania. . . . .	Sian Landman-Leroux. . . . .	32
Our Tasmanian Acres. . . . .	Libby Hodder. . . . .	35
Australia's Best Kept Secret. . . . .	Tanya. . . . .	36
The Little Island. . . . .	Don. . . . .	36
Naturally Nice - Beauty Teas. . . . .	Cheryl Beasley. . . . .	37
Rainbow Archives. . . . .	Stephen Legge. . . . .	38
The Organic Choice in Seeds. . . . .	Michel Fanton. . . . .	39
Livestock Health and Management. . . . .		41
Under the Mango Tree. . . . .	Vanda Coyne. . . . .	44
Cryptic Grassword. . . . .	Michael Riley. . . . .	45
Browsing Through. . . . .	Colin Franklin. . . . .	46
Poetry . . . . .		47
Kids Pages. . . . .		48
While the Billy Boils. . . . .		50
What to do with Buckets of Chokoes. . . . .	Pamela Odijk. . . . .	51
Forging Ahead. . . . .	Roy Clark. . . . .	53
<del>Reuse Those Plastic Bags</del> . . . . .	Robin Cronin. . . . .	55
Walk Against Want. . . . .		56
Wildlife Corridors for Every Farm - Part II. . . . .	I.V.M.. . . . .	57
Low Income Luxury Living - Part I. . . . .	Marja Fitzgerald. . . . .	59
Practical Pumping. . . . .	Greg Baker & Robin Jean. . . . .	61
Darning. . . . .	Elsie Hoare. . . . .	64
Garden and Paddock Health. . . . .	Pat Coleby. . . . .	65
Penpals . . . . .		66
Down Home on the Farm. . . . .	Megg Miller. . . . .	67
Recent Releases. . . . .		68
Grassifieds . . . . .		69
Gumnut Gossip . . . . .	Megg Miller. . . . .	83

Front Cover: Organic gardening is a 'growing concern' and this issue presents several articles to help get you growing organically. Photo of Julie Murphy and Julia Veitch at the Mudgee Small Farms Field Day, courtesy of *The Land*. Read their inspiring story on page 14.

Back Cover: An enthusiastic helper grinds the beans to make soy milk. This substitute for cow's milk is growing in popularity and is a healthy alternative for many people. See two methods of making your own on page 21. Photo courtesy of John Seed.

Distributed by Gordon and Gotch.

# Feedback Link-Up Feedback

## Hi To GR's,

My husband is Steven and I am Susan and we have the joy of 4 children (aged 12-3). We are in the throes of 'shrinking' into a caravan. I am taking the time to write because we may have what you want and you may have what we want, if we get together we could organise a mutually beneficial exchange.

Our long range goal is upwards of 25 ACRES IN A WARM CLIMATE (mid north Victoria, NSW, southern Queensland?) with a good water supply and a fair amount of good soil, not more than 1/2 hour by bus from schools through to year 12, in an area that could benefit from the skills of an experienced diesel mechanic. We want to build temporary accommodation, then a year or 2 later our permanent home. We want to plant trees, fruit trees and vegie garden, have a cow or a goat and definitely chooks. We do not want to pay more than \$25,000 for our land. So if you: know of just the place for us or, want a mechanic for a short period between here and there (Steven's rates are very reasonable) or, are a landowner with 'our' block and interested in a cash deal or barter for mechanical work or, are simply building your own home and would be glad for some willing labourers in exchange for a place to park our caravan and as much experience and info as we can glean. Then please send a note and we'll call you.

SJ & S Jurgens

C/- C Tobin, Lot 4 Corner Bolinda & Darraweit Rd  
DARRAWEIT GUIM 3756.

## Dear GR Readers,

I am writing re the article 'Natural Pregnancy Care' by Cheryl Beasley in GR 89. In this article GOLDENSEAL TEA is recommended as a remedy for morning sickness. Apart from being an expensive herb, goldenseal (*Hydrastis canadensis*) is CONTRAINDICATED (not to be used) in pregnancy. Goldenseal is oxytocic and therefore it can cause the uterus to contract.

Herbs which can be of value in morning sickness include lemon balm (*Melissa officinalis*), meadowsweet (*Filipendula ulmaria*), black

horehound (*Ballota nigra*) and peppermint (*Mentha piperita*). There are quite a few herbs which are definitely contraindicated in pregnancy and there are others which are considered to be 'of uncertain safety' and thus best avoided. If in doubt or wanting further advice please consult a QUALIFIED HERBAL PRACTITIONER.

Fiona Dey

45 Hartwood St, EAST KEW 3102.  
Ph: 03-859-4346.

## Dear GR's,

Few westerners consider BAMBOO as a serious building material. Consider this: In Japan, Asia, China and like places bamboo is an essential part of life, not only for building, but a 1000 different daily uses. My teacher and friend has been building in bamboo for over 11 years now. Bamboo is one of the fastest growing plants on the planet. With 3 sticks of bamboo and a tarp we can put up a shelter for a small family in an hour or so, staked to the ground. We've built icosahedron yurts with thatch or hessian and plastic roofs. You can build bamboo frames for walls, roof, floors, built-in furniture, and cover with split bamboo slats or anything you like. You can screw corrugated iron onto bamboo battens. Methods of fixing bamboo: Wire and twist with pliers; drill and peg; drill and coach screw; drill and use lengths of threaded rod; combinations of the above. Best results so far for preserving are protection from rain and direct sunlight ie. good overhanging eaves, and oiling the bamboo. Here is an untried method for a permanent, low cost, relatively low effort building. Earthen floor, dry stone draining foundations, verticle braced bamboo frame walls with split bamboo slats each side and mud infill - doors and windows built in - bamboo rafters and battens and roof of your choice. Ceiling of slat bamboo and insulation would also be possible. Oil the outside with used auto transmission fluid. Cheap or free from gearbox repair shops and clean. Bamboo and self-sufficiency go together like nuts and bolts. Bamboo makes excellent paper. Plywood made from woven strips of bamboo is far superior in strength and lightness. Rayon can be made from bamboo and diesel fuel. Hundreds of things around the house; kitchen utensils, furniture, baskets, water wheels, toys, rope, hats, erosion control, wind breaks, living fences, mulch, food for animals and people etc. Possibly more than any other plant, bamboo will help us into self-sufficiency and self-government. Bamboo is a completely safe, clean, environmentally sound source of fuel and material. There are over 1000 different species with different characteristics, sizes and uses. If you see a book called *Bamboo* by Farraday, buy it, read it, it will enlighten you.

D Corben

PO Box 249, BELLIGEN 2454.

## Dear Megg,

In your August '91 edition you asked for ideas to use up plastic BREAD BAGS. Fifteen years ago my Mum and I were cutting them into strips and knitting them into coat hangers. Just recently I have cut countless plastic bags of all sorts and colours into strips and woven them into mats on a stick loom.

The thought of cutting them into strips may sound a bit daunting but there is a simple way to do it, lay the bag out flat on the table, tuck the gusset where it lays flat then starting from base of bag fold over about 2 inches then keep folding concertina fashion 2 inches at a time. Hold the folded bag in one hand and trim off seam of bag on one side then keep cutting the desired width strips through all the thicknesses at once.

For coat hangers I would cut the strips about 1/2 inch wide. Using 5 mm knitting needles cast on 10 or 12 stitches, knit garter stitch to length of the coat hanger. Leave ends of knots on the inside as no one will see them when sewn onto coat hanger. They are very good as clothes don't slip off them. Coloured shopping bags make up nicely too. The wider the strips you make the more bags you use up.

If anyone is interested in WEAVING on a stick loom. I would be only too glad to supply info. It is quite simple to make the loom. Cost is about \$5 or \$6, less if you use recycled timber. I have woven a shopping craft bag and several attractive wall hangers from leftover wool from knitting.

Mrs A Cole

Blacks Rd, DALRYMPLE HEIGHTS 4757.



Edited by Megg Miller and Mary Horsfall.

Published by Night Owl Publishers Pty Ltd, Box 242, EUROA 3666.  
Advertising enquiries ph: 057-947-256.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

The publishers and staff of Grass Roots take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do they accept responsibility for the accuracy of statements made by the many contributors.

Printed by Westernport Printing P/L, 44 Station St, Koo-wee-rup 3981.  
Ph: 059-971-888.

© 1992 by Grass Roots. No part of this publication may be reproduced without written permission of the publisher.





# Feedback Link-Up Feedback

Dear All,

We are a GR family home-educating our 4 children in southern Tasmania. A back injury has forced my husband into unemployment, a situation which has led him into feeling often depressed and useless. I am a trained nurse but have training in natural healing, and have worked in the homebirth area with local midwives (I had 4 of my 5 children born at home and the accidental joy of delivering my grandson.) but the last few years was fully occupied with home-schooling our children.

For health and family reasons we are looking to relocate in the Mullumbimby area and will be coming up there around May 92. Our established 5 acres beach-front property will be available for temporary lease for anyone interested.

We would be very interested in any GR properties, MO etc. preferably an established property with permanent water. We will be travelling with a caravan and would love to make contact with like-minded souls and would be grateful of any offers of places to park our caravan on a short term basis. Any contact welcome, we will reply to all letters.

**Sue & Romain Blanpain**  
CYGNET 7112.

Dear GR,

The National Health & Medical Research Council has dismissed claims that certain individuals are allergic to SODIUM FLUORIDE. Some react from drinking artificially fluoridated water (or products containing such), tablets, gel treatments or fluoride toothpaste. Because water based products and dried products such as infant formula do not have the presence of NaF declared on the labels, some people may be aware of an allergic reaction but may not be sure of the source. This situation is in contradiction to laws requiring ingredients and food additives to be declared. Certain people have ceased using products with NaF and found their symptoms to quickly disappear; thus proving the source of the allergy. Others were diagnosed as being allergic to NaF by a doctor naturopath.

Because these cases have been recorded in a rather ad hoc way, or not recorded at all, we feel the need for each state in Australia to compile a central register of victims.

We will record NSW cases on our computer. The address is 182 Lake Rd, Port Macquarie 2444. Professionals honouring patients confidentiality could merely give initials, town and details of problem. Individuals may indicate whether or not names can be passed on to the Health Minister & NHMRC or merely recorded on the register. Anyone with names of others colleagues able to assist.

**T & D Mackay**  
182 Lake Rd, PORT MACQUARIE.

Dear GR Readers,

I am hoping someone may be able to give me information on the process of drying and TREATING TOBACCO? As an experiment I am growing several plants to use for my own purpose but have no idea what to do as the plants grow. I do not have a kiln so would have to dry the leaves in a shed.

**Marie Rushton**  
PO Box 7, BOGGABRI 2382.

Dear Grass Roots Folk,

Like most GR readers the first part I turn to is the Feedback Link-Up section. I am a 64 year old active single fellow with bicycle touring as one pastime, who at last hopes to move to Australia in 1992 or 1993 to retire there.

I would enjoy CORRESPONDING WITH OTHERS FROM NEW ZEALAND or anywhere who have already made the shift. Keen to hear how to minimise the freight costs. Also where councils may be more understanding of someone wanting to live in a caravan or likes on a small freehold area permanently. Appreciate hearing of frost free localities too, where such a few acres can be purchased reasonably. All responses answered.

**Ken Everett**  
PO Box 33, Shannon, HOROWHENUA NZ.

Hi to All GR Folk,

Can readers help us again? You helped us with home schooling, and white ant problems now we need some EARLY COPIES OF GR to

complete our set. We need 1, 2, 3, 4, 5, 6, 7, 10, 11, 14, 16, 17, 18. So if any kind person has some they don't need we will gladly purchase them from you. We are sorry we came into *Grass Roots* so late, as the magazine is a big help to all. We were townies when we first bought GR but now we have our own block out of town.

**B Gough**  
PO Box 355, CHARTERS TOWERS 4820.

Dear Megg,

I am interested in obtaining information as to the processing and curing of TOBACCO. We grow our own tobacco, but after harvesting and drying the leaves, we are in the dark, maybe one of the Grass Rooters has as method we could try.

**M Noon**  
MS 279, GUNALDA 4570.

Hello Out There,

Can anyone recommend a book on WELL CONSTRUCTION and also one on dam construction using the Russian method.

**G Perana**  
PO Box 54, MINGENEW 6522.

Dear GR Readers,

Since my last letter to Feedback I have decided not to go ahead with forming a SUPPORT GROUP for parents who don't immunise their children. I am finding that just sending information out to people is taking all my time. I think any spare time I have will be spent fighting compulsory immunisations. Thank you to those who have contacted me, I am slowly working through your letters to reply personally. I have a long list of names of people interested in a support group if somebody else decides to start one up.

If the anonymous 'health professional' from Queensland who sent me the nasty letter has the courage to send a stamped self-addressed large envelope (\$2 stamp) I will gladly send all the information I have on immunisations, so that they may become as informed as I have.

**Mrs Kim Hynes**  
C/- PO Box 242, EUROA 3666.

Dear Grass Roots,

I'm growing MUSHROOMS - white champignons - as a hobby. I would be happy to hear from folks with the same interest and how they handle the peak heating sterilisation of the compost.

**R Stratemeyer**  
70 St. Clems Rd, E. DONCASTER 3109.

Dear GR Friends,

Just a short note in answer to a couple of queries in the Feedback Link-Up section of GR 87:

Firstly, Mr and Mrs Batchelor's enquiry about SEWAGE - I would not entirely discount a septic system: I would suggest you write to Lloyd Smith, Lavertys Gap, Via Mullumbimby 2482 and ask him for information on his GREENBELT DISPOSAL METHOD and its possible applicability to your situation - he also has two books he has written on his method of sewage disposal.

To M Harris of Lavington, and her query on what to grow - I would suggest that a great range of fruit, vegies and flowers could be grown and, as you are starting from scratch (which is often easier, believe it or not) may I suggest that you instigate a PERMACULTURE gardening system from the word go. If your block is flat then I suggest your vegie/herb/flower garden could be constructed as a MANDALA GARDEN - an excellent step-by-step guide on how to construct such a no-dig garden can be purchased direct from the author: Robyn Francis, PO Box 185, Lismore Heights 2480 (copies of her booklet *Mandala Gardens* cost \$5).

**Stephen Legge**  
115 Mountain View Dr, GOONELLABAH 2480.

Dear GR Readers,

For months I have been trying to purchase 'THE FRAGRANT PHARMACY'. It seems every store I inquire at has not got it in stock. I cannot acquire the book from England for months. I would greatly appreciate it if any readers could tell me where I could purchase the book ASAP.

**G Magro**  
3 Nissen Crt, ALTONA 3018.

# Feedback Link-Up Feedback

## Dear Grass Roots,

In searching our local papershop yesterday for a book on Pioneering Homesteads to give me inspiration I found your magazine and purchased my first copy and truly love it. All work stopped so that the contents could be devoured. The feeling of comradeship in your readers together is like having an extended family.

Some books readers may find useful are: *Tough Times Don't Last but Tough People Do*, available from me. Barbara Lord's book *The Green Cleaner* 2nd edition available through the Australian Conservation Foundation, 340 Gore Street, Fitzroy, Victoria for \$9 postage paid. The book is available at book shops for \$7.95. Marjorie Bligh, 163 Madden St, Devonport 7310 has written five books. Her specialty is home economics books and they are available direct from Mrs Bligh for \$15.50 each. One is called *Homely Hints on Everything*, 2nd edition, it is 450 pages of solid information on every possible home hint. The second useful book is called *At Home with Marjorie Bligh* 3rd edition, it is 590 pages of common sense home economics and beyond.

It was interesting to read Lynda of South Caulfield's article mentioning the purchase of HYDROPONICS SUPPLIES. We became interested in hydroponics about 15 years ago and as I am a compulsive 'How to' book collector every possible book was purchased and devoured but it proved too expensive to buy commercial mixes, so after experimenting this is the recipe I settled on, using a medium size yoghurt container as a measure. Equal quantities of superphosphate, Aquasol, potash and a dash of Epsom salts and borax (1 teaspoon of each) mixed well to dissolve superphosphate before using. One teaspoon of mix is put in watering can before putting can under tap to refill.

There was another lady writing in GR asking for old CROCHET PATTERNS. Dover Publications Inc, 31 East Second Street, Mineola, New York 11501, USA, have a catalogue of books in all fields and describes 4500 fine quality paperback books, most priced from US \$3.95 to US \$6.00. Every possible hobby is catered for. My new Dover catalogue arrived this week and it only has one crochet book called *Big Book of Favourite Crochet Patterns* 96 pages, 8 1/4 x 11 inch No 26359-2 \$5.95 (US). This catalogue is a condensed version not the large 4500 title one.

**June Connelly**

**29 Dublin Rd, RINGWOOD EAST 3135.**

## Dear GR Mag,

After having recently completed a course in environmental management, I'd like to correspond with anyone who has simple methods (myself being a lazy gardener) of helping CLEARED LAND to become REVEGETATED. I'd like to work on a five year plan, especially with rainforest types in mind. Also any pitfalls associated with allowing an area to become a wildlife reserve. I would also like to hear from artists on ideas of doing a series of paintings with a theme of environmental, shock tactics included.

**R Bush**

**C/- PO, KUNDABUNG 2441.**

## Dear Grass Roots People,

I would like some information on the ATHERTON TABLELANDS area. I am hopefully moving up there in May/June 1992. I am going up for a holiday first to look for a house to rent maybe on a bit of land. If I find something I will settle in then come back down and take my furniture back up with me. Some help finding a place would be great.

I have a 9 month old son and am interested in working in the markets. I do fortune telling, make clothes, paint and am learning permaculture. I also care for sick and injured wildlife. Thanks.

**Tabitha Bilaniwskyj**

**79 Lakelands Dr, DAPTO 2530.**

## Dear Folks,

Can someone please tell me of the ASTROLOGICAL SIGN AND VIRTUES the following PLANTS have: African marigold (blossom and fresh leaves), lemon grass, barley grass, millet grass, milo grass, oats grass, rice grass, rye grass, tritcale, wheat, maize/corn, banana passionfruit, common black passionfruit, anise, hyssop (*Agastche sp.*), cardoon (*Cynara sp.*), dittany of Crete (*Amaracus sp.*), black fennel seeds (*Nigell sativa*). Also what are the therapeutic/medicinal uses of these plants?

Has anyone tried baked bananas? In winter this makes a lovely snack. Bake them in the skin and add crushed nuts, seeds, honey, yoghurt or cream. Baked cucumber is also delicious.

I understand the fully grown young leaves of the sunflower are good cooked like spinach. The same goes for leaves of the pumpkin.

Does anyone know where there is an international bio-genic society group member as I'm trying to buy their books on herbs, foods, medicine, gardening etc?

**Barak Marschner**

**5 Jellicoe St, PT PIRIE STH 5540.**

## Dear Readers,

I am after a yoghurt plant - KEFIR I think it's called. I would also like to know if it contains acidophilus.

**S. Taminiau**

**18 Mayne St, MURRURUNDI 2338.**

*The Kefir plant can be obtained from The Rural Store, Lowden's Rd, East Kilmore 3764. See GR33 for more information about using Kefir.*

## Dear Grass Roots,

In response to Jerry Rogers' letter (GR 86) regarding the use of CHEMICAL PESTICIDES ON GOLF COURSES. I live in the Pimpama area of SE Queensland and do understand his growing frustration at the amount of golf courses being built. We too are suffering here. They're all being built on rivers too!

This may seem hypocritical, but I am a gardener on a golf course being newly constructed and have worked on golf courses for the last 2 1/2 years. I have nothing to do with the golf course maintenance. I do the maintenance of all gardens and trees; which I am proud to say is all done free of chemicals. It has been a battle with my employers previously to show it can be done organically, but once they saw the results they were impressed and let me go on. I try to work with nature and not against her and it's an easier task I'll tell you.

I don't believe the golf courses near Jerry Rogers aren't spraying for lawn grubs as they claimed. A golf course is kept on a very strict spraying programme to keep the turf looking healthy. The chemicals used are lethal! I've seen them sprayed and witnessed the results with dismay. On one golf course, lots of ducks and other birds died a very slow and agonising death because they'd been unfortunate enough to have been contaminated by eating lawn grubs that had been sprayed with chemicals like Namacur. Even some fish in ponds had grown to abnormally large sizes then suddenly died. Scary stuff isn't it?

All I can say is that although I'm still working amongst this environment, I'm trying my hardest to stop the use of unnecessary chemicals and trying to educate people. I believe I'm achieving something. I've changed many people's views and lots of other gardeners are doing it organically. Sadly, on the golf course side of things where the most spraying is done it's a lot harder.

**Karyn Plapp**

**7 Jacobs Well Rd, PIMPAMA 4209.**

## Dear Grass Roots,

I have noticed in Feedback several requests for information on kerosene and LP gas appliances. There is a place in Melbourne called TW Sands & Co, 449 Elizabeth St, Melbourne 3000. Ph: 03-329-7804. I have found them very helpful.

Can anyone who knows a little about any of the following drop me a line: extracting sunflower oil, running diesel engines on sunflower oil, methane gas production, LP gas to methane gas conversions and alternatives to using lime and superphosphate when nothing grows in the first place.

**F S Leister**

**26 Kent St, MOE 3825.**

## Dear GR,

I want to know all about an environmentally sound house and self sufficiency. Where can I get brochures and free info? Also the best trees and plants to grow which help us. I have an idea to do with water saving but don't know who to go to without losing my idea. Can anyone help? I want to improve this world for my nieces and nephews. Soon we won't have one to give them.

**Annie Wigzell**

**C/- PO Box 668, PORT ADELAIDE 5015.**



# Feedback Link-Up Feedback

## Dear Grass Roots,

To Gayle Tuddenham re CHOOK CARE and laying. Muddy ground can promote external parasites, like scaly leg. Provide high perches. Also, straw on the ground will help, and will give them something to scratch through. Use straw with some seed head on; meadow hay is good, if not too weedy.

Chooks need shell grit and protein (e.g. meat meal) to produce eggs. I found layer pellets the most efficient feed, but perhaps if you mix your own it would be cheaper. Consult a 'backyard poultry' book.

Chook sheds can be built of any recycled timber. Have a section with perches that is under cover, plus a run. Enclose with chicken wire. Another option is small drums, one each, with a small hole for entry of chook but not fox or dog.

Perhaps your eggs are being hidden by the chooks. Check under and behind things around where they live.

Kim  
CANBERRA.

## Dear Readers,

Can anyone please help with info on METHANE DIGESTERS and wind generators made with 44 gal drums. I seem to remember this being in back issues of GR. I'm quite happy to pay for copies. I have just returned from a trip to Kenya and this type of technology is not known of there. I plan to help people there at the village level and would welcome any ideas, anything that is simple and cheap to make.

Mary Ann Sulc

13 Maslin Cres, DARLINGTON 6070.

*We do have an article on methane digesters in our files, but are loth to use it because of possible dangers associated with this area. If anyone has expert knowledge in this field we would be grateful if you would contact us.*

## Hi Everybody,

Here are some things that have worked for us that may help others.

PROPOLIS is used as a natural antibiotic and is good for tooth infection and toothache - also for croup.

Some excellent books on staying healthy are: *Back to Eden* by Jethro Kloss, *I Had No Say* by Sister Joyce Lubke, *Fit for Life* by Marilyn and Harvey Diamond, and *Healing by God's Natural Methods* by Al Wolfson.

Food combining seems fairly important because when I stopped eating protein and starch together the alcohol craving I had went away. And some kilos came off too!

Unactivated charcoal is used to prevent infection and tetanus and is good for stings, viruses and poisonous bites as it absorbs toxins. It can be used externally and internally.

We use ocean water for burns and sunstroke and have 2 tablespoons daily. It supplies every mineral that our body needs. Use also for bulging eyes (caused by lack of iodine).

Aloe vera is indispensable for anything that hurts inside or out. I keep a handy tube of it in my bag for anybody in pain and it has been helpful many times.

Green vegies (chlorophyll) are helpful for mouth ulcers, cuts and other ulcers.

A couple of safe products for use in the home are Swipe-a-Fly, used for flies, lice, ticks, fleas, and Swipol which is good for disinfecting and mange. Linseed oil and tea tree oil can also be used for mange (10 parts to 1).

I eat comfrey leaves every now and again for back, bone or toothache. Comfrey is even better with lemon juice because the lemon releases the comfrey's calcium.

Lavender oil, 1 part and olive oil, 10 parts, will soothe the mind and promote sleep. Rub a little on forehead and back of the neck.

For a quick iron pick-me-up, soak broken up empty passionfruit skins overnight. Drink on empty stomach next morning, wait 20 minutes before eating a raw fruit brekky.

For the 'baby blues', try evening primrose oil.

For painful cracked heels use golden seal ointment.

For babies' and toddlers' cradle cap use jojoba oil.

If you feel the cold your thyroid may need Lugols Solution available from the chemist. Just paint the arch of the foot using a cotton bud. After a few weeks it may stop absorbing so have 1-2 drops in water

every day. But like every supplement give it a break because it wouldn't be needed all the time.

To Lorraine Landor, sunflower seeds help curb my appetite when ravenous.

Lorrie Powell, a day or two just eating oranges should clear up boils.

Red pepper is an excellent heart tonic.

Some breast lumps can disappear in 12 months when tea, coffee, cola drinks and chocolate are not consumed.

Here is a good quick bread recipe.

4 1/2 cups mix of unbleached flour, oats, linseed and sesame seeds

1 tbsp yeast

1 tbsp raw sugar or honey

3 tsp sea salt

600 mls (1 pt) warm water

Mix dry ingredients. Add water (should be sticky). Stir 2 mins. Spoon into loaf tin (greased with olive oil). Let rise for 20 minutes and bake for 45-60 minutes at 400°F.

Joanna  
Homer St, GULGONG 2852.

## Dear GR,

Prior to 1950 SULPHUR and TREACLE were mixed together and kept in a jar or bottle. This was used by adults and children to cleanse the blood system. Could someone please tell me the quantities of sulphur and treacle used in the mixture, also dosage given?

Jessie Ward  
Jiggi via LISMORE 2480.

## Dear Readers.

To all PSORIASIS sufferers, a diet given to me by my sister-in-law who swears by its effectiveness.

### Group 1: The following may be taken freely:

Apple, beer, butter, celery, coffee, fizzy drinks, grapes, gelatine (jellies etc), lard, margarine, mushrooms, olive oil, peppers, pineapple, pumpkin, rhubarb, rum, sugar, sweet corn, syrup, tea and whisky.

### Group 2: No need to avoid these:

Asparagus, cabbage, carrots, cauliflower, corn starch, condensed milk, cream, cucumber, grapefruit, lettuce, onions, oranges, peaches, pears, radish, rice, sprouts, strawberries, tomatoes, tapioca.

### Group 3: Avoid when possible:

Bananas, beans, beetroot, blackberries, cherries, currants, dates, figs, milk, oatmeal, potatoes, prunes, raisins, spinach.

### Group 4: Eat as little as possible:

Bread, cheese, fish, flour, ice cream, offal meat (heart kidney, liver). White meat is best to have (chicken & turkey).

### Group 5: Avoid absolutely:

Barley, chocolate, cocoa, eggs, macaroni, nuts, sea scallops, spaghetti. Eat Group 1 rather than Group 2. Group 3 rather than Group 4 and some of Group 4 rather than starve.

This not a hard diet to stick to. It is basically a low protein diet with addition of those foods free of the chemical which appears to irritate the rash. One egg can keep it going for 2 days so NO EGGS.

M. Burke  
PO Box 160, DIRRANBANDI 4486.

## Dear Grass Roots Readers,

I am writing wondering if someone would like a HAND ON THEIR FARM (organic of course) in return for food, lodging and some experience. I am an 18 year old male (19 in Feb). I don't smoke or drink and am not into drugs, cults or strange religions. My hobbies and interests include bushwalking, cycling, reading, fossicking and generally enjoying a quiet lifestyle.

Paul Thorrrington  
C/- PO, TENTERFIELD 2372.

## Dear GR Readers,

Does anyone have seed of the New Guinea Bean? If so could you please send me a few. I would be most grateful.

Jack Locking  
27 Dawn Pde, MIAMI 4220.

Write to The Seed Savers Network, Box 975, Byron Bay 2481.

# Feedback Link-Up Feedback

**Dear Country, City and Overseas Friends,**

I want to ask readers where can I obtain OLD-TIME BABY PATTERNS that are crocheted in the bullion stitch or grub stitch. Baby sets of these stitches are often for sale using silk or wool individually in the large Myer stores etc. They are really beautiful using both silk and wool in the one article together. There are so many patterns from bygone days that are unavailable and have never been in books. I love to crochet when I have the spare time as well as knitting, embroidery etc. So any craft ladies who can assist I will be very grateful and I will answer all letters. My ph no is 049-683-699. By the way, I had a lovely long letter from BRIDGET KNELLER posted at Moree on 9th August 1991 and I have been unable to answer as there is no return address. So Bridget if you read this please send me your address.

I would also appreciate any original ideas on most types of crafts as I have two friends who teach craft, one in a school and one in a detention centre.

**Pamela Fenwick  
PO Box 263, MAYFIELD 2304.**

**Dear Megg and Gang,**

To Lawrie Bosnell (GR 87). HUMAN PILES can be helped a lot by applying white zinc cream each night. Just wipe a little on with the finger and they give no more trouble. I told the doctor about it and he said the zinc cream shrinks the haemorrhoids. Mine were quite large and though they are still there they are very small now and I have no pain. It takes about a week to work. I will have to do it for the rest of my life, but zinc cream is cheap and I only use a little each night.

**'Don't Suffer Anymore'  
QLD.**

**Dear GR's,**

I really admire Paul and Patricia Macloy's determination to see it through (GR 88 'Subsistence Farming') as I have seen so many people give up and go back to work, marriages fall apart, or go back to the city. We all start out with such high ideals and my family is no exception. We have been living for over a year on a friend's property at Byrmdle Creek in nrtn NSW. It's beautiful here although too steep and shaded to subsist on and it would be a shame to clear it just to feed us. We live in an 18 ft caravan which is constant work, but a real sense of accomplishment comes from doing things the old ways.

We hope to move into a shed on 10 acres soon - what luxury, a dry bed, no leeches, no fear of a tree falling on your head! But I joke, it's not all that bad. Still I can't wait to have room to paint and create. My other half has been planning gardens and building projects. I am glad we had this year of truly roughing it as it has bred experience and resourcefulness I never knew I had.

I am also trying to find an old school friend, MEENA SHARMA who may or may not have married in 1985 in Adelaide. We went to Nightcliff High School in Darwin in the 1980's.

**Kim Stewart  
C/- PO, UKI 2484.**

**Dear Grass Roots,**

I was wondering if there is anyone who would have a pattern for a RAFFIA STRAW HAT with a brim.

**G Miller  
42 Barron Rd, BIRKDALE 4159.**

**Dear GR,**

My baby boy, 6 months, has had ECZEMA since he was 2 weeks old. We have battled with diets for baby and I, (I breast feed) and creams. Strong cortizone does get rid of the rash but as soon as I stop it the rash returns. The environmental allergist (skin specialist) is now wanting my baby to go onto a corn based formula and no food at all. The poor child is hungry and won't drink out of a bottle. He just chews it. Has anyone any ideas please?

Some years back I bought a copy of Maria Treben's *Health Through God's Pharmacy* as I needed a natural remedy for gall stones. I used the radish juice remedy with success. I am thinking of using the dandelion remedy for my son's eczema, but I don't know the real dandelions from the other variety and I don't want to poison my baby.

We have decided to move out Ballarat way after Christmas,

hopefully to rent a small property for a year to 18 months while we pay off our house in suburbia, then hopefully buy a nice, old, well established farmlet that no-one wants anymore.

As soft fruit season is nearly here I thought I'd put in Dad's recipe for plum flan. 300 g cottage cheese, 8 tbsp milk, 2 eggs, 12 tbsp vegetable oil, 150 g sugar, 1 pkt vanilla sugar, pinch salt, 600 g plain flour, 40 g baking powder. Blend ingredients together, omitting flour, salt and baking powder. Mix these together separately and add half to the cheese mixture. Mix thoroughly. Add the rest of the flour mixture and knead as for pastry. Flatten dough into 1 or 2 baking dishes and cover with raw quartered plums, preferably those red, slightly tart ones. Sprinkly with sugar and bake in a moderate oven for 30 minutes. Slice when cold.

**Irene  
C/- PO Box 242, EUROA 3666.**

**Hi,**

I am one of your 'townie' readers. I migrated to Australia 7 months ago from London and by chance I saw your magazine for sale and thought I would give you a go - well I am now a fan. You gave me a true idea of just how hard life is on the farm.

I think every 'townie' has this dream of a little plot of land, a few sheep, cows and chooks, but you have shown that even the smallest backyard can help make our lives a bit more satisfying. You also show the danger of living in the 'outback'. I'm so used to a tap that produces instant water! So to those readers who are risking all in the wilds of Australia - keep writing to GR about your good times and bad. It might make a 'townie' stop and think very carefully about giving up everything before they buy that dream in Queensland (then find they starve to death inside a year!).

**Giselle Burningham  
29 Morang Rd, HAWTHORN 3122.**

**Dear Grass Roots,**

Firstly how is VINEGAR MADE? Does anyone have a recipe for making it at home?

Secondly does anyone have a recipe for MANGO WINE? I have got a million Bowen mangoes which will be ripe by December. Any other mango recipes would be greatly appreciated.

I'd like to build a food dehydrator. Anyone with advice or plans I will pay you for original plans.

Now some advice. Liz Rustla of Geraldton. A great organic, non toxic STICK FAST FLEA remedy is to buy 6 Guinea fowl and let them wander around your garden and live with your chooks. They make heaps of noise and sometimes bash up the chooks but they eat fleas and any chooks living with them will be free of stick fast fleas. If you fancy it you can eat Guinea fowl too.

Laurel Schulse of Renmark. I planted cloves of garlic pointy end up and they all grew well amidst tomato plants.

Heather Cleary of Eton. If my cracked heels get too painful I soak them in hot water with some lemon oil in it for about 15 minutes then dry my feet and smear heaps of vaseline on my heels. I put an old pair of socks on and sleep in them. The next day they don't hurt any more.

John Argent from NZ. Lavender oil will repel mozzies and sandflies but do not apply 100% oil to your skin, use a carrier eg. sunflower.

Mary Bennett. Headaches can be attributed to many things. I suggest seeing a naturopath and looking into spinal adjustment.

Mavis Barry of Tin Can Bay. Re corns rub calendula petal on them.

One last thing. I am a qualified aromatherapist and would like to BARTER with people in the BUNDABERG area. If you have any home produce, chicken wire, old shade mesh in any condition (for use over a chook yard until the passionfruit grows) if you can sew, as I have a half sewn skirt I can't finish, or you have anything at all you'd like to exchange for a wonderful healing massage contact me or drop around. Bundy Barter refused me membership as I don't have a phone. I'm sure I have a service that people need and would like to exchange their services for and there are other methods of communication than a telephone.

**Leah Potter  
1 Spence St, BUNDABERG 4670.**

*Information on food dehydrators see (GR 76, 78, 88).*



# Feedback Link-Up Feedback

**Dear Megg, David and Everyone,**

I have just recently moved to this area to be closer to my two daughters and I am waiting for a commission home. I have my almost 20 year old son with me and he is desperately looking for work here. He worked mostly on farms on the north coast, working with cattle and horses. He also worked with fruit. He is honest, reliable and really wants to work. I am an ex-Belfast lady, now alone. I have a slight heart problem and I also have arthritis, because of this a farm and self-sufficiency is not on the cards. I can do just as much in my own backyard. If anyone would like to write please feel free. If someone has a job for that lad of mine please write.

**Audrey McCurdy**  
C/- 303 Cheyenne Dr, LAVINGTON 2641.

**Dear GR,**

We are appealing to anyone living and enjoying BUSH LIFE on the north NSW - Qld coast. We are travelling this area March to Dec 92 and are interested in spending time with world enviro conscious people who are living quiet uncomplicated, unmass-produced lifestyles and are willing to share a few days of their life in return for a few days work and company.

We have spent summer on our 100 acres of peace and tranquility (5 km to nearest house) and sharing our evening barbecue with kangaroo-rats, native Quoll and spectacular sunsets, waking to parrots and rosellas nesting in trees only metres from our camp.

Our land was logged five years ago but left a lot of large trees and also mess. We have no power or heavy tools and have carefully cleared ten acres by hand and built a shelter, a shed, roads and planted trees etc. We have enjoyed our bush life and would like to see how other people live this way.

We have our own camp, are late twenties, no children, life lovers and teachers and learners. We will answer all letters and reply before calling to see you.

**Mark & Carol**  
C/- RSD 450, LONGFORD 7301.

**Dear Readers,**

After reading this excellent magazine for some years I felt it was time to write and get to know some of you folk a bit better. Until I found and read my first copy of *Grass Roots* I thought I was only one of a few people who wanted to live a peaceful and healthy life in touch with nature. How wrong I was, there's heaps of us! This dream is becoming very hard to turn into reality. How does one get to own a piece of earth with enough room for house, fruit and vegetable, with no savings, no work, 2 children, many bills and no easy way out? What do you do? Banks don't want to know you unless you have an account with big dollars, two incomes, and wish to live in a city with brick veneer. Renting is very insecure and not a viable proposition for investing in fruit trees etc.

We don't want much and are willing and capable of building our own accommodation, but just where do you get the break? I know there are many readers in the same if not worse situations. If anybody wishes to write please feel free, all advice welcome and replied to. Keep smiling and keep the faith.

**Vince, Lorraine, Rebecca & Sarah Ryan**  
PO Box 79, ELMORE 3558.

*Our new book 'Living Better For Less' contains many inspirational stories and practical hints to help you achieve your dream.*

**Hi Everyone,**

Just a few answers to those with queries from GR 87.

Mr & Mrs Batchelor, why don't you look into COMPOSTING LOOS, which are environmentally friendly and a bonus to the ornamental garden. The councils around here have installed them in local parks in the area.

To G Hayes a recipe for HOMEMADE CHOCOLATES: 250 g copha, 2 heaped tbsp cocoa, 1 cup milk powder, 1 1/2 cups icing sugar, 1 tbsp butter. Melt copha gently, add icing sugar, milk powder and cocoa. Mix together well, pour into flat tray or moulds, place in fridge. Variations: vary sugar to taste and add any of the following, chopped dried fruit, coconut, sesame seeds, various essences - vanilla, almond, coffee, peppermint. Less copha can be used but increase the amount

of butter (a little more dry ingredients may be needed using this method). I have a few other confectionery recipes available if anyone wants to send an SAE to the above address and would love to swap recipes for any type of cooking.

Elaine Janjatovic please get in touch with your nearest National Parks and Wildlife Officer about your bird problem, as they have volunteers who specialise in caring for all types of injured wildlife. Birds do have a high death rate due to shock, but placing the bird in a covered cardboard box in a quiet place for 24 hours should help as long as the injury is not too bad.

Thanks to Helen Dawkins for your tip on groundsel weed - I have 15 acres of it. The council pressure to spray an Agent Orange derivative is saddening. I was driving home from town only to come across a council truck spraying the roadside. I suffered a severe chemical induced headache that left me immobile for two days. So much for getting away from the pollution of the city to fresh country air.

To Kay Barton a soy milk recipe. Soak soy beans overnight. Drain and wash. Place in a blender with fresh water, blend till smooth. In a saucepan bring mixture to the boil. Strain and add a little honey to taste if you wish. Place in jug, refrigerate.

And lastly to Karen Smart a recipe for HONEY AND EUCALYPTUS TOFFEE. 1 cup castor sugar, 1 tbsp honey, 1/2 cup water, 2 tbsp white vinegar, 1/2 tsp eucalyptus oil. Place sugar, water, honey and vinegar in a heavy based saucepan, stir over heat without boiling till sugar dissolves. Brushing down the sides of the pan with a pastry brush dipped in hot water to remove sugar from side of pan. Bring to the boil, simmer uncovered without stirring till mixture reaches 130°C on a candy thermometer or soft crack in a saucer of cold water. Then gently stir in the oil. Pour very carefully into foil confectionery cases until half filled. Remove when firm and cool and wrap in cellophane if desired for gifts.

If you can help me with my goannas I'd appreciate it. The great lizards have a liking for my poultry's eggs. I don't mind sharing a few but when it comes to 25 eggs out of 30 that are very close to hatching, action needs to be taken. I've caught 2 by the tail so far, one was 6ft the other 5. I don't want to have to catch and release in this way as it takes up too much energy. Maybe someone has devised a trap that doesn't hurt this hungry beast so I can release it elsewhere.

**Sue Carlross**  
MS 591, Tagigan Rd, Wolvi, VIA GYMPIE 4570.

**Dear GR Readers,**

In December 1992 I am TRAVELLING to NEW ZEALAND to attend a christening. While I am there I am hoping to travel all over New Zealand backpacking. I have never done this before so I would like to hear from people who have done this, and any tips they have; or from people who have been to New Zealand and can recommend cheap places to stay and inexpensive transport.

**Tammy Pobke**  
11 Johnswood Drive, SALISBURY PARK 5109.

**Dear GR,**

We are in the process of turning the family farm from the old 'super and herbicides' routine to an integrated and organic operation. Not an easy task, but a rewarding one.

I want to comment on Helen Dawkins (GR 87) solution to CESTRUM AND GROUNDSEL problem. Kerosene is a by-product of oil refining and will not decompose in the soil; but remain to poison further crops. While we don't use the stuff, Round-up is the best of a bad lot as it breaks down to leave only phosphates in the soil. We find that constant pulling of all weeds in small areas like a backyard, mulching or re-sowing with a plant you want to grow, while hard work, is successful and non-destructive.

**Dear GR Readers,**

**Tab and Teach Seville.**

I love to make my own jam, but I am having trouble finding PARAFFIN WAX. It comes in blocks and is melted down and poured on top of the jam to seal it. I have tried supermarkets, hardware shops, health food shops and bulk food stores. Can anyone tell me where I can find paraffin wax in the Sydney area?

**Hazel Lambert**  
PO Box 99, PETERSHAM 2049.

# Feedback Link-Up Feedback

## Dear Readers,

From time to time letters appear in GR from PRISONERS IN JAIL. Some of you, especially women, will think, 'oh the poor thing', and write. There is always the exception to the rule I know but you'd have to be lucky to strike one. Mostly these are not men who've made one mistake or simply fallen by the wayside, these are men with serious psychological or psychiatric problems. They do not *think* like ordinary people, nor can they sustain normal peaceful behaviour past a certain time span. They will appear in the beginning, charming well mannered, humble, and very anxious to do well in life. With words, they are accomplished sympathy seekers, attention getters and manipulators and it's quite often only in hindsight that the 'victim' realises what a monstrous personality disorder he or she is trying to deal with. I stress *trying*. 'TRUST ME', is the unspoken but loud and clear plea. 'All I want is a decent chance in life,' is the cry. They'll pull at your heart strings, evoke your sympathy, and heap silent guilt upon you for your being free, successful, or just plain managing your life. They resent you for that, make no mistake about that. These people will make every attempt to control *your* life, because they have no control over their own. You will find yourself constantly striving to give them the comfort and reassurance, and often financial support, that they insidiously demand from you. The manipulative demands become endless.

It's always someone else's fault, even though they will admit to doing the wrong thing. A past wife, mother, father, a friend who let them down, and finally you too. Their self-pity is constantly reinforced by other prisoners in jail. Each has his or her story to tell, and it's always told somewhere near the truth, but structured in such a way that is they who have had the raw deal, they who took the rap, and they who are *owed* by everyone.

If you are soft-hearted enough and unfortunate enough to be manipulated into the role of provider for one of these men or women then you might find yourself providing a hell of a lot more than you bargained for. Love and kindness does not conquer all. It will often precipitate resentment and violence, from those who find a perverse safety in repeated failure. If you are a decent living, law-abiding man or woman, tempted through kindness or loneliness to write to a prisoner – *don't* – your strength and sense of responsibility makes you the ideal choice. You may find yourself living a nightmare that's very hard to wake up from.

## Wide Awake NSW.

*Sadly, we have had several letters from people who have been manipulated, used and abused in a similar manner. We think that sometimes readers who correspond with prisoners are accepting a lengthy and affectionate correspondence as a substitute for really getting to know someone 'in the flesh' and hence committing themselves too soon. There is no substitute for a lengthy person-to-person, getting-to-know-you time before making any relationship commitments. We do hate to hear of our readers (whom we often think of as an extended family) being hurt, and would caution you all to take care and time, lots of it, before committing yourself in any way.*

## Hello Megg, Gang, & GR's,

I'm hoping to go home to live this year so if there is anyone, male or female who would be good enough to write to a simple, happy roly-poly, loving mum who enjoys farm life, especially cattle, and misses the mountains, reads a lot and loves to travel, I will answer all letters. I'm especially interested in the Coffs Harbour/Dorrigo/Macksville triangle and the 45 to 55 age bracket (New Age folk welcome) so I'll have something in common especially if they, too, are single parents trying to make a good life for a family.

Has anyone got recipes that do not contain cow's milk, wheat carob/choc, or preservatives of any kind? I would appreciate them as I'm at a loss. My son has the 20TH CENTURY SYNDROME.

**'Tansy'**

C/- PO Box 242, EUROA 3666.

## Dear GR,

What a wonderful magazine! Would any readers be able to offer natural cures for CHILBLAINS and MENOPAUSAL HOT FLUSHES?

I have a hint, although not original it is so helpful that I want to pass it on. For folk who cook beans, peas, lentils, rice, wheat etc, add a teaspoon of oil to the cooking water and this will PREVENT THE GRAINS FOAMING and boiling over.

Hi to Stephen and Stephanie and their lovely family.

**Joan Evans**

3 Arnold Rd, BRIDGEWATER-ON-LODDON 3516.

## Dear GR Friends,

Well it's been some time since I last wrote, 1981 to be exact. I asked if there was anyone interested in travelling my home country New Zealand with me in a HORSEDRAWN WAGON. Through that letter I met my partner and mother of our two boys. I now find myself living in Tasmania where Wendy's family live and that's what leads me to writing. In the early eighties I lived and worked in MT NEWMAN, WA. I met several good people there who were hoping to also end up in Tasmania. I was wondering if they might read this and remember me, especially those who were involved with horses. I would love to get in touch again. We are now living on a dairy farm close to Burnie. We also welcome new friends, who are avid readers of GR to pop in.

**Peter Boyd, Wendy, Devin (3), Alex (1)**

171 North Prospect Rd, RSD, WEST RIDGELEY, TAS.

Ph: 004-357-786.

## Dear GR Crew,

I noticed in the last issue of the mag that a few people use your pages to contact precious friends who've drifted out of touch. I just wanted to say thanks for publishing my request for my personal precious friend to contact me. As it happened she'd been searching the Feedback pages knowing that I'd contact her that way, she rang me pronto. Thanks again. I hope others are equally fortunate.

Request for help! Any ideas on eliminating EARWIGS. We have them in plague proportions. Anything left stationary for an hour becomes the home of some. I am almost ready to bring in nuclear weapons, but would be happy to try anything enviro friendly first.

**Julie Belle**

'Myola', BLACK MTN 2365.

## Dear Megg,

I do enjoy GR magazine, but what credentials does Colin Franklin of Ballarat (Browsing Through) have? I have thought some of his information to be a little (if not greatly) controversial, but when I read his advice to Patricia and Dennis Harris (GR 88) re the eradication of soursofs I was sure he has little knowledge of what he advises at times. Soursofs do not reproduce by seed (not that I am aware anyway), but by the bulbous growth under the ground. To even think of asking for soursof seed is outrageous, people spend thousands of dollars to eradicate the weed. Does he know what soursofs really are? Just had to get that off my chest, I shall still continue to enjoy *Grass Roots* as most of the articles make a lot of sense and are very useful.

**Margaret Zwar**

Golden Downs, PO Box 303, KEITH 5267.

## Dear GR Readers,

I have been reading your magazine for some years and am finally going to contribute some hints to it. Firstly for PSORIASIS: My mother suffered from this terrible skin problem for 40 plus years. Then about six months ago a chiropractor suggested she take chelated zinc tabs. Starting with 3 a day until it starts to clear (might be up to 3 weeks), then drop down to 2 a day, then when cleared take 1 a day, every day. If there is some reason (such as stress) for it to flare up then take 2 a day, then continue with the 1 tab per day regime. This has worked for her and she has not had the complaint since.

Secondly, if you suffer from CRAMP place an unpeeled potato in your bed. Everyone laughs, but who cares when it works?

Thirdly I have found the following book excellent *The Green Cleaner*, how to clean everything environmentally safely, by Barbara Lord. It includes a laundry soap for washing clothes. It's a small book, not expensive and very handy.

Now for some help please. Like Gail in GR 87 I am also trying to find a recipe for HAIR REMOVAL WAX.

**Jenny**

KEITH, SA.



# Feedback Link-Up Feedback

**Dear Editor,**

With many moves being made by readers and their friends for one reason or another, it is not surprising that people are requesting knowledge of their whereabouts. I dare say the economics and the lack of jobs have a bearing in these matters, forcing some to move about. Which brings me to the point of the name of a column in the magazine. The Contacts section could be like Lost Contacts, or Lost Contact, asking readers for help in finding missing friends.

I feel the word Contacts somehow does not describe what most of the advertisements are saying. More suitable suggestions would be Lonely Hearts, Soul Mates, Serious Partnerships or Share Life with Me and the Responsibilities Attached. I am not writing to make fun of these matters, as I too have lost contact with good friends and have been terribly lonely as well. My own view of marriage is a serious, loving, forgiving, supportive relationship while sharing all the work, fun and play. What do other readers think, I wonder?

**J M Happily Married  
BILAMBIL NSW.**

**Dear Grass Roots Crew,**

I have noticed several people having problems with BANANAS. The first thing I would point out is that the banana plant is not a tree. The stem is not even a true stem, but is formed by the leaves rolling tightly around each other. Bananas are propagated from suckers and once established should be treated as annuals. When the bunch is mature, it should be cut off and the pseudostem removed. It is best to cut it off fairly close to ground level and it may then be left to act as a mulch. If the bananas are growing on a hillside, the pseudostem may be placed on the downhill side, where it will also help to prevent erosion. Suckers should be cut out during the growing phase. Select the strongest sucker, preferably on the uphill side, and cut the rest off a few centimetres above ground. Make a conical depression in the cut surface and pour on some kero. Suckers for propagation should be removed as close to the parent plant as possible, ensuring plenty of roots are attached. In this way consistent cropping can be assured.

I noticed a letter from Billy Ford about a cure for HERPES. If it works, it deserves to be publicised widely and the STD clinics should be most definitely be informed. However, I noticed in his letter that he seemed to be of the opinion that genital herpes and cold sores are from different viruses. In fact they are both caused by the herpes simplex virus, the only real difference being in the site of the outbreak. It is not only possible, but fairly common, for a person to contract the disease through oro-genital sex. That is to say, one can get genital herpes by having oral sex with a partner who has a cold sore, and vice-versa. The other herpes virus is called herpes zoster, and is the one which causes shingles. (I wonder whether black walnut cures shingles? It may be worth investigating.)

To Tracy-Ann Tosner, who wrote about ULTRASONIC PEST CONTROLLERS. Although I didn't see the advertisement that you refer to, I think that you will find that it is a very different thing to the one which 'The Investigators' programme investigated. That one, as I remember was marketed as an electronic 'scarecrow' for the control of pests such as flying foxes. As a keen electronics hobbyist, I am aware of certain devices which use ultrasonic energy to repel pests in the home and also in warehouses. These devices are for mice and cockroaches and they do work. (Sanitarium Health Food Company used them successfully in their warehouse while I was working there three years ago).

Angela Zyic was asking about HOUSEBOATS. In a few words, don't bother. You would have to get approval from the Maritime Services Board, your local council, the electricity and water authorities if you wished to live on it permanently. The MSB won't issue approval these days. There are strict regulations governing the length of time which you may spend on board and it really is not worth the hassles.

To Elaine Bultreys, re FOOD DEHYDRATORS. This line about electric dehydrators causing the atoms to turn anti-clockwise would have to rate with the ten most ridiculous pieces of misinformed rubbish that I have ever heard! No-one knows which way atoms turn, if indeed they do turn at all! The important thing is the length of time that the food is in the device. It is true that both temperature and time can destroy nutrients in food. However, the real killer is time. You will

lose much more by extending cooking time than by cooking at a higher temperature, a fact that the Chinese seem to have been aware of for centuries. I recommend you use the method which produces the fastest results, without heating the food too much.

**Alex Fisher  
PO Box 1210, ALBURY 2640.**

**Dear GR Readers,**

We (husband Eddy 48, myself Lida 42, son David 8, and daughter Samantha 5) are planning a TRIP AROUND AUSTRALIA for 1 year, leaving approx July 1992, travelling north to Queensland from the Hunter Valley. We are planning on doing markets as we go, and would like to hear about some nice friendly local markets, and/or annual fairs. We would also like to hear from families who have travelled with children who are at school age, any advice and/or tips would be appreciated. We would love to stop for a chat and/or local knowledge, and maybe a place to park our caravan for the night. We are Dutch-born people (can speak Dutch), not fanatic about anything. Eddy is a wall and floor tiler by trade. I like cooking, handicraft, and writing letters, and will answer all letters. Our mail will be sent to us after we leave for our trip so please write to the address below.

**Lida Van Gent  
Lot 5, Blaxland Arm, LAGUNA 2325.**

**Dear GR's,**

I would like to tell of the way in which we were able to provide fresh fodder on a daily basis as a SUPPLEMENTARY FEED for cattle during the recent drought. Basically the crop is grown by using an edible growing medium spread out on plastic sheeting which means that at harvest time the required amount of fodder can be rolled up like carpet and moved to the hay racks. Unsprouted seed, medium, the full plant (roots and all) make up the feed ration.

For this experiment we used a concrete floored carport with skylight. Plastic sheeting was used to cover the floor area. This was then thinly covered with chaffed hay made from the tops of sugarcane, which in turn was covered with the seed which had been soaked for thirty-six hours and kept damp for a further twenty-four hours. Seed was again covered with chaff.

Watering is done by using a lettuce-strength hydroponics mixture up until a couple of days before harvest. After that point in time water is used to get rid of any salts which might be left on leaves. Beds were about one metre in width and after a fortnight or so the plants will be fifteen to twenty centimetres in height. Oats were planted in the winter months, a mixture of oats and corn during spring, and corn from the beginning of November.

We have found that a hard flat floor is vital as puddled areas drown the plants. Lucerne was used as medium but became flyblown. Planting needs to be done two or three times per week and if the seed has been presoaked it will be through in a day or so. The medium needs to be kept damp at all times for best results. As supplementary feed we allowed about a square metre per head per day, thus a producing area of twenty square metres per head was required. Two crops per month were produced from any one area.

With regard to the cost, a bag of seed costs from \$9 to \$12 and lasts about six weeks which is nowhere near the cost of hay. Anyone who cares to make the effort can now avoid the horror of buying stock feed, thereby DROUGHT PROOFING themselves.

**R A Bellette  
M/S 558, GIN GIN 4671.**

**Dear Grass Roots,**

Hello to all. I would like information on DESALINATORS - sizes, costs, manufacturers and distributors. If any readers have information could they please forward it to the name and address below.

**Darrin M Cox  
35 Richmond St, GORDON PARK 4031.**

**Dear Readers,**

My husband and I would like some natural methods, be it spray or animal kind, for eradicating 'CAT HEAD' PRICKLES, as they are known around here (another name I have heard is 'three corner jack').

**Robyn  
PO Box 34, FORBES 2871.**

# Feedback Link-Up Feedback

## Dear Fellow Grass Roots Enthusiasts,

It has been some years since I have contributed to our magazine, but I'm still an avid reader! The circumstances have changed somewhat since then. My wonderful man has found new pastures, my bus, finished by my oldest son, now belongs to my past husband, I am no longer nursing but a full-time arts student (something I should have done 25 years ago) in my second year. I have three grand-children and two sons still at school.

I have just written a letter to the editor of the local newspaper concerning the plight of people who live in buses and the refusal of most caravan parks to accommodate them, also something I should have done long ago. We must be heard on all fronts or be lobotomised by the people we ourselves choose to make our lives miserable for us. A cause that springs readily to mind is the decision to choose poets from the city and send them bush with government funding to write bush poetry, while ignoring the talents of indigenous poets.

There has been formed, a REGIONAL POETS CO-OP at the Wright College, Armidale NSW in order to amalgamate and consolidate country talent and attempt to gain some recognition from the powers that be. There are poetry readings at the Tamworth Imperial Hotel during the Country Music Festival at Tamworth and a Regional Poetry Festival on the Queen's Birthday weekend 6-7-8th June 1992 at Newcastle University NSW.

Should Barbara, Clive and Mail Wood, last heard of in Sapphire (Qld) read this, please ring or write.

Next, I have resolved for the moment that GR style living can be on even the small scale of the town backyard so we have one cat, two dogs, two chooks, a cockatoo, a conglomeration of vegies, native trees, sunflowers, roses, fruit trees and the regular junk of habitation.

As is probably the lot of each and every one of you there are times when I can't see the wood for the trees, but with a little fortitude you realise that the only direction from the bottom can be up. My creativity is always greater within my mind than through my finger-tips. It's funny how we put something off till we have more time, then we never really do have more time. The only method I find is to tackle one task at a time and only look back to acknowledge your accomplishments and not upwards at seemingly insurmountable tasks ahead. You will be surprised the ground you cover, tasks completed, in this manner. Another blessing in disguise is some value time with nature, the river bank, or the backyard at sunset. Even the cool water on my feet as I water the garden and the accompanying smells is soul refreshing.

A hint for JOINT PAIN not responding to heat treatment is ice or cold compresses which works for me.

**Sue Gorrings**  
26 Roderick St, TAMWORTH 2340.

## Dear GR Readers,

I have been reading GR for nearly 3 years and sometimes wish I could leave the humdrum of city life and get away to a little patch of green, clean air - maybe my dreams will be realised someday!

I would be most grateful for help. I have very sensitive skin with the result that every time I use a HAIR RINSE (to cover grey hair), I break out with a terrible rash. This forces me to have to take antibiotics (which I do not like taking) to clear the rash. Does anyone know of any less harmful vegetable dye (dark brown) that I could use instead?

**Yvonne Conyers**  
364 North Rd, ORMOND 3204.

## Dear Grass Roots,

With regard to making NEWSPAPER LOGS with the Kambrook Combustabrik Maker. Make sure you shred your newspapers rather than ripping them up by hand. The rip up logs do not bind together in the mould. When they dry they tend to fall apart. We solved this problem by purchasing a cheap old office shredder from an auction house. Once the newspaper is shredded we placed it in a plastic bin filled up with water and soak it overnight. Both my husband and I make the logs, but he is better at it because he can squeeze more water out of the mould. Once your logs are made put them out in the open to dry on some sort of rack. We always make them in the summer as they dry quicker and we can build up a stock pile for winter. Each shredded log burns for around 2 hours in our pot belly.

Could anyone please help me with advice regarding the CARE OF SLATE? Our slate has a matte finish and it is now looking very dull. Is there any way of giving it a bit of life? I clean it with vinegar and hot water. I also find that our kitchen chairs have badly scratched the slate underneath. What can I do about this? I have thought about gluing felt to the bottom of the chair legs. Has anyone got any other ideas?

I wrote in some years ago with a request and I was gratified by the 30 letters of helpful advice. Although it took almost 2 months I wrote to thank each person. In my published letter I also offered to send out advice in an area in which I was professionally qualified. Many hours were spent researching and gathering suitable information for the many people who wrote to me. Not one of these people had the courtesy to write back and thank me.

Anyone who is considering sending me a chain letter or a request to join a money making network scheme, don't bother. Any such material received will join my Combustabrik logs in the pot belly.

**MF**  
PO Box 269, KORUMBURRA 3950.

## Dear Mary,

Lord Kitchener, Chairman of the Henry Doubleday Research Association of England, has sent me a copy of the first 6 pages of the newsletter 'PEGS' (Pesticides Exposure Group of Sufferers). He also sent me the name and address of the PEGS contact in Australia. He is Mr Peter Harding, Mimosa, Nullamanno, via Inverell 2360. Please ask your readers to send the names and addresses of people who have got sick from pesticides to him.

Mr Joe Cross of the Commonwealth Rehabilitation Service, 109 Lemon Avenue, Mildura 3500 is also collecting information about CHEMICAL POISONING.

**Mrs Emsie du Plessis**  
C/- PO Box 242, EUROA 3666.

## Hi All,

We live in the suburbs of Brisbane with our family (two boys and a dog), are both in our 30's and believe there has to be a better way. We are fortunate in these trying economic times to be debt free and in our own home, as this would give us enough money to set ourselves up on a piece of land, if done carefully.

Like so many we suffer from cultural deprogramming and find that a lot of basic skills required to change lifestyles have not been a part of our lives and we are trying to acquire these skills by reading and experimenting on our suburban block. We are now at the point where we think we should investigate area and land with a view to moving in the next 6 months. We would like to ask for a little advice as we are not too familiar with northern NSW or SE Queensland, being originally from NZ two years ago.

We wish to purchase somewhere in this area ideally close to, or on the coast, 30+ acres; the intention being to follow the permaculture model and create an economically viable and environmentally friendly mixed unit - vegetables, small animals, aquaculture etc. We anticipate that from the time we purchase the land, to being productive in the first crops will take three to five years and we are working on how we will live in the interim. We are both intelligent and fit people who enjoy our family and reasonable social exchanges. We do not wish to be at the 'back of beyond' as our two boys have only just started school. If you know of a GOOD AREA or somewhere where people are SUPPORTIVE of new farmers and environmental ideals, I would very much like to hear about them.

**Nigel Crossley**  
22 Speight St, BRIGHTON 4017.

## Dear Grass Roots Readers,

Recently we spent a wonderful holiday in Coffs Harbour. Everything about the area is perfect. The climate, the beaches and the friendly locals. We are saving madly for a house block and like the WOOLGOOLGA area. It's really beautiful. Great views of the ocean, clean, fresh air and a lovely town. Anyone from this area, or anybody wanting to write with advice is very welcome to. We are young (recently married) and this is a big step for us. At the moment we are living near the NSW/Vic border but yearning to move north.

**Tammy & Warren Davis**  
55 Feathertop Crt, THURGOONA 2640.



# Feedback Link-Up Feedback

**Dear Grass Roots People,**

Some thoughts on GR 88 (December).

Susie Anderson: Vitamin C works to completely detoxify TICK VENOM. A vet in the USA, one of a band known as 'alternative' vets suggests giving animals in tick and snake infested areas a small daily allowance of sodium ascorbate in their feed. Half a teaspoon for a small dog, a whole one for a huge dog will ensure that they are not killed by the ticks. Feeding sulphur on a daily basis also goes a long way to stopping ticks attaching themselves in the first place.

Mangy animals are usually that way through incorrect diet, too much meat and adulterated biscuit in many cases. I have had several calls from WA, all about Rhodesian Ridgebacks with apparently incurable MANGE. They were being fed far too much meat and when we altered the diet, saw that they got their basic minerals and included a good brand of biscuit (Farrell's Kibble) in their feed the mange just cleared up. A less vivid and probably cheaper wash than gentian violet can be made with half a litre of water, a tablespoon of cider vinegar and a dessertspoon of copper sulphate, just sponge it on, taking care not to get it in the eyes – very effective and cheap!

R K Neal: A friend of mine whose child developed a rather similar complaint found that washing the affected areas with cider vinegar worked well; it would be worth trying.

Benita Menting: Having been without power for 20 years we got quite good at gas fridges. The turning over only works so far, find someone to recharge it for you, it has to be done periodically to any fridge, but household electric ones rarely need it. Big commercial freezers and gas ones do seem to need it done regularly. I do not know what regas means, but the recharging was a matter of 10 dollars or so, surely not the same operation?

Angela Zulic: Breast feeding, not only for Vegan mums, spirulina or kelp is a must for all pregnant and lactating mums, very important. Lack of the essential natural iodine and other goodies in these preparations can make the difference between good and ill health.

Ann Prasad: Plenty of well rotted, preferably composted, animal manure (from drug-free animals) round all your fruit trees and an occasional dressing of dolomite (yes, even citrus!) Will ensure that you do not have to worry about sprays. It takes a year or two to get the soil round them fully healthy, but when you do the effort is well worth it. An easy spray in the interim period, which has to be used daily, is a dessertspoon of eucalyptus, the same of detergent (or vinegar) in 2 litres of water, nothing that crawls likes it much.

P E P (Woonana): Back to the first letter. Vitamin C is so good that a friend's dog totally unconscious and given up by the vet for that reason, came miraculously back to life after having 5 one gram tablets of vitamin C suitably crushed and dissolved in water, dribbled down its throat. Quicker than burying it and treating it as suggested, which would be very difficult in our sunbaked ground!

**Pat Coleby**  
RMB 1365, THOONA 3726.

**To Grass Roots Readers,**

I've been out of touch with GR magazine for some time now. Issues 1 through to 35 have pride of place in my dining room, I used to have a subscription, even an indexed card system; so I could jot down points of interest for future reference. I now have the opportunity to get some of my life back to me and my first new year's resolution was to get GR back in my dining room – but I couldn't wait 3 days for 1992, so I'm cheating a little.

I would love to CORRESPOND with any GR readers who have any similar interests as me, or anyone who will take the time to write to me on a regular basis and expect the same in return.

I am 28, married, two kids, Josh (2½) and Laura (1½). I love gardening, sewing (clothes especially), quilting, calligraphy, patchwork, folk art and stenciling, and writing letters, of course. I go with the flow of suburban living, but care for the environment and do my best to keep up with the latest developments. So, if there's anyone out there who would like to strike up a correspondence friendship, write to me, I'll return a letter to you; the first of many, many more.

**Debi Burton**  
6 Baringa Rd, ENGADINE 2233.

**Hi There,**

In my last letter there was a mistake in the time of the bread. I found it must be in the oven (electric) at least 30 minutes, or the buns had a horrible raw sort of taste. Unless it was a funny batch of yeast – I don't know. We like them a bit burnt and crusty. Unhulled sesame in the dough gives a delicious taste.

On cats – my poor Siamese had had months of stress – spaying, moving house, cat and dog fights. She had sore eyes, looked and acted half dead, was miserable with no proper appetite. After LUGOLS IODINE on the pads of her feet for a few days she is now back to normal, seems healthy, happy and is now eating linseed and garlic powder in her fish.

For us girls – have you tried using a couple of natural sea sponges for monthly periods? They may be too much trouble to use when going out but they are great at home, just rinse out and save money too.

**G C**  
Homer St, GULGONG 2852.

**Dear GR,**

In answer to Darryl Longdren of Emu Plains (GR 88). There is a great book available called *How to Start and Operate Your Own Business at Home*. This book has lots of ideas on many different kinds of BUSINESSES to start. Maybe there is a business in it that would suit you. It is for people who want to work either part-time or full-time at home to earn some extra money. It is published by James Powell Publishing of 13 Auroa Street, Lismore 2480.

**G Moate**  
19 Albert St, WARWICK 4370.

**Dear Grass Roots Readers,**

I recently had a letter published in GR 87 about the health problems I was having with IRRITABLE COLON SYNDROME. I have received twenty-one wonderful replies and would like to thank them all for their helpful advice. By the time this gets to print I will have answered all of them personally, except one which is post marked Camperdown and the signature looks like David or Doris. If that person cares to write again and give me their address I would be glad to reply as they have asked for some information in return.

**Lorraine Landon**  
PO Box 203, PENNANT HILLS 2120.

**Dear Grass Roots,**

On page 45, GR 88, is an advertisement for TEA TREE OIL at \$23.80 for a 200 ml size bottle. I wonder whether they got the quantity right? A 50 ml bottle of tea tree oil costs around \$3 from most supermarkets, probably more from chemists and other shops, but \$23.80 is outrageous, even if postage is \$1.80, which it usually is for a thick package, it is still \$10 more than we can buy it indirectly, and that includes retail and wholesale profits. There is another ad for tea tree oil on page 62, no prices, but an SAE will bring a product list.

**Penny Ferguson**  
233 Lawrence Hargrave Dr, COALCLIFF 2508.

**Dear Friends,**

Firstly thank you to all the wonderful people who replied to my letter. I now have approximately 28 penfriends and for those whose letters I haven't answered, I'm working on it. We had our baby in August, a beautiful boy, and I love motherhood. We are planning the next one.

This letter is really a request for more advice. Does anyone have a recipe for SOAP made without CAUSTIC SODA? Does anyone know where I can get seeds to the plant that loofahs grow on? Why won't my avocado pips grow? What tree can I plant that grows very quickly, attracts birds and is bushy or shady?

**Louisa**  
PO Box 1091, ALBURY 2640.

**Dear Grass Roots Friends,**

Many thanks for publishing my letter to help my god-daughter. We had so many letters and phone calls. We used ALOE VERA on her hands and feet, but her feet are so badly cracked that it may take a bit longer to clear but we'll keep working on them. I'll get around to sending thank you letters to everyone but there were so many.

**Robyne Neal**  
18 Parslow Rd, PARA HILLS 5096.

Life doesn't always go according to plan (don't we know it!), unexpected challenges and opportunities can often give our lives a new and exciting direction. When Julie Murphy and Julia Veitch left their city jobs to go WWOOFing they expected to spend a year working and learning on a variety of organic farms. Their initial experiences, the enthusiasm of their host farmers and their own energy and imagination has led them down a new road and into the fulfilling business of promoting organics.

# AN ORGANIC ODYSSEY

by Julia Veitch, ACT.

This is a story of how a good friend, Julie Murphy, and I decided to leave city jobs for a stimulating 12 months on the road experiencing organic growing through WWOOF (Willing Workers on Organic Farms) and later promoting organics through writing, stalls and stickers. Consciousness about organic growing and the environment began when we joined COGS, the Canberra Organic Growers Society, in January 1990. It really bloomed when we joined WWOOF in April 1990 and worked on a few farms during our annual leave.

## HELP BUILD BIODIVERSITY – GO WWOOFING

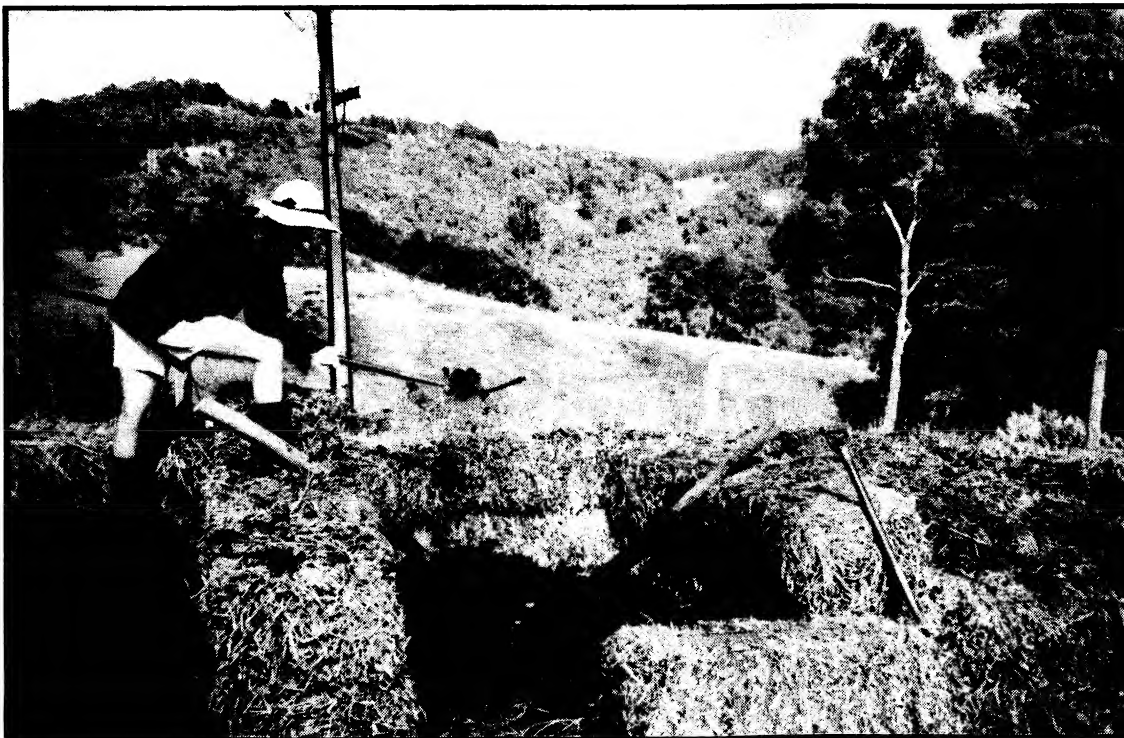
WWOOF is a scheme which links interested volunteers with host farmers. Volunteers, known as WWOOFers, live and work as part of the household and learn through first-hand experience how organic farms are run. There are WWOOF schemes in many overseas countries. In Australia there are approximately 150 farms in the scheme and they encompass a diverse range of sizes, climate, crops, underlying philosophies (permaculture, biodynamics, Fukuoka, NASAA, BFA) and alternative technologies. For example, our first three farms in 1990 were a 90 acre tree nursery/NASAA 'A' grade potato farm in Warragul, Victoria; a 12 acre, biodynamic 'B' grade market garden in Bermagui, NSW; and a quarter acre organic market garden (then uncertified, now NASAA 'A' grade) in Gundaroo, NSW.

## ORGANICS – ECO LOGICAL!

Working on the farms was a revelation. We learned that organic farming was productive, effective and sustainable in both ecological and economic terms. We could see that the growers have an intelligent and close relationship with the land they work, and their practices improve the local ecology as well as creating high quality, chemical free produce. From our initial experience, Julie and I decided that we wanted to learn more about organic farming through WWOOFing. For the rest of 1990 we saved, planned, and organised for 12 months off our jobs. I am a librarian with ACT Institute of TAFE, and Julie is a computing consultant. By December we were ready to go, complete with Kombi van. During 1991 we worked on five farms and one wildlife sanctuary. We had chosen about thirty farms from the WWOOF farm list, but our plans and directions changed substantially during the year, as you will read.

## LETTING NATURE WORK FOR YOU

Our first farm was Willunga Community Co-operative, south of Adelaide in South Australia. The main enterprise of the co-operative is 40 hectares of regenerating river red gum. While this 'crop' is quietly soaking up CO<sub>2</sub>, at the rate of about 8 tonnes per ha per year, the community has planted an orchard and is planning a berry farm. Only one house is connected to



Turning over the compost at Basket Range. Note the biodegradable walls of the bays, and the poles which are removed for aeration once the pit is filled.



the (CO<sub>2</sub> producing) mains electricity. The rest run on solar cells and wind power. They also have put in a Clivus Multrum composting toilet, and their 'grey water' (shower, washing machine water) is processed by a 7 metre long reed bed!

### **A SEED WAS PLANTED**

Our second farm was in Basket Range in the Adelaide Hills, and is owned by Tim Marshall, certification officer for NASAA (National Association for Sustainable Agriculture, Australia) and his partner, Stephanie Goldfinch, a horticulturist. They have an established chestnut and walnut orchard, a large vegetable garden, fowls, and are developing a fruit orchard. Tim is extremely active in teaching, writing about and promoting sustainable agriculture and our stay was well rewarded with much information from both Tim and Stephanie on all aspects of organics. At breakfast on the morning we left, their 6 year old daughter Nyssa drew us a picture of hanging leaves and fruits. We received it with thanks, and later that day, I decided to have the picture photo-transferred onto a T-shirt. Julie and I both thought it should have an appropriate phrase with it, so we started thinking, and decided on 'Organic Farming...A Growing Industry'. Little did we know this exercise was to prove a catalyst for radically changing our plans over the next ten months.

### **ORGANICS – WAY TO GROW!**

From Basket Range we went to a 68 acre NASAA certified organic apple orchard in Forest Range, called 'Top Range' with associated tea rooms known as 'Apple World'. The owner/managers, Tuija and Neil Schultz and Mark Nurmela have combined a love of apples with a love of people, so have complemented their organic orchard with a tea room and tractor rides around the orchard. The tea room has a photographic display showing what pests attack the apples and how they are organically controlled, and sells apple juice (squeezed on site by the visitors themselves), afternoon and morning teas featuring freshly baked apple pie and local designers' work in cards, T-shirts, towels, pot-holders, etc. They give their visitors (50,000 a year!) the opportunity to have good fun and food, learn about organic apple production and take something away with them to use and remember their experience.

We enjoyed our stay there, working in the orchard tying down young apple trees' branches to shape the tree into a vase and stimulate fruiting. (The conventional alternative is to use a hormone). We also kept thinking of more and more phrases and pictures to describe organic growing. We looked through the extensive range of merchandise at 'Apple World' tea rooms, and there was nothing there specifically promoting organic growing. Our keen interest in organics was obtaining a focus, and our next farm, 'Nirvana', sharpened it.

### **'NIRVANA' – A BIOLOGICAL PARADISE**

'Nirvana' is an interesting biodynamic and NASAA 'A' grade certified, small mixed farm run by Deb Cantrill and Quentin Jones (see GR 86 p 35). They use very little out-of-farm inputs, and have created a diversity of small scale and complementary enterprises which they can run mostly without extra help (though they appreciate WWOOFers!). They grow chestnuts, hazelnuts, a vegetable garden, clover, fowls and geese, osier willow and various fruit trees. They 'value add' and market their produce locally in the form of hot roasted chestnuts, prize winning jams, jellies, chutneys, etc.



Biodynamic mixing at 'Nirvana' under an oak tree.

Deb and Quentin have also planted hundreds of native trees and improved their soil structure, activity and fertility. Deb spared no effort to explain and demonstrate the total farm ecology (even her fowls get freshly sprouted beans!) and showed us her biodynamic preparations, composting arrangements and farm machinery. We came away from 'Nirvana' full of a creative drive and promptly made – for the first time – bread, apple jelly, and chutney! We were also possessed by a burning desire to let everyone know about the personal and environmental benefits of organic farming. We wanted to help 'Cause a Green Revolution!'

### **TELLING THE WORLD ABOUT ORGANICS**

How does one spread the word? How does one capture people's imagination? We had been involved with conservation groups, and among many other techniques, they use stickers. We thought about stickers and how they work to raise consciousness. There they are, sitting for years on car windows and bumpers, shopping trolleys, bicycles, fence gates – they get to be seen and read by millions of people! How often are you sitting behind a car in traffic? Don't you wish you could see a message about organics instead of 'My Other Car Is A Porsche'? How often have you seen the Greenpeace and 'Wilderness not Woodchips' stickers? They remind the viewer about the issues, and you know that person is sympathetic, maybe even active! Stickers create a visual profile for the issue

in the community. They also educate, and stimulate people to ask questions. They help create a consciousness in which action can more easily occur.

So we brainstormed, and in fact, couldn't stop thinking of phrases, even waking up in the night and writing ideas down. We showed them to friends, relatives, the Wilderness Society, our organic farm hosts, and gradually reduced the number of phrases from more than sixty to fifteen which we thought captured the essence of organics. We also illustrated them, and wrote a short fact sheet for each one. We made prototypes of the designs with cardboard and textas, compiled them and their associated fact sheets into a presentation folder, and took the finalised designs around to Adelaide retailers. They liked the designs, so we decided to go ahead with the project.

Now, many months later, our stickers are stocked in over 100 retail outlets throughout Australia and New Zealand. The project has been far more involved than we ever anticipated. We had to research the environmental implications of our products and use the most benign and functional alternative available. For example we have used Australian made, vegetable-based inks for all our offset printing. We had to care for the retailers' interests by designing and manufacturing a display pack for the stickers, no easy task. One organic wholesaler asked for laminated sets of the stickers and fact sheets, for display in his retailers' outlets, so we organised that. But because of this dynamic relationship we have developed a more versatile and useful product. We have been learning that organics really is a growing industry. We have had job offers, interviews, and given talks. We have met with many retailers and wholesalers of organic produce, government officers, journalists, growers, certification bodies, growers associations and environmental groups. The number of certified farms is growing, government interest is increasing, and the number of consumers keen to buy organic produce is also growing. The variety and quality of the produce is improving rapidly – we have sampled it all over the country!

We don't know where we will end up, but we hope to settle somewhere, have the stickers as a cottage industry, and grow organic produce ourselves in the not-too-distant future. We believe that the stickers are contributing to the health and growth of the organics industry by promoting consciousness about organics to the wider community.

You can help spread the word by buying a sticker from your organic fruit and veg. outlet, Wilderness Shop, specialist bookshops and organic growers associations. If you don't have access to these outlets, write to us direct, PO Box 869, Civic Square, ACT 2608. If you send us a SAE we will send you a colour brochure of the stickers or if you prefer, send in \$2 per sticker for as many stickers as you can put to good use! We look forward to hearing from you.

If you wish to join WWOOF, send in \$15 to: WWOOF, W Tree, Via Buchan 3885. The \$15 entitles you to 12 months membership and a farm list with names and addresses of hosts.

## NEW ROLE FOR THE CAPE BYRON PROTECTION TRUST

The Protection Trust is a fund to promote on site Greenbelt Disposal as the only practical alternative to date to the disgusting 20th century establishment practice of pouring sewage into natural waters. The Trust will always adhere to that as its primary objective. Cape Byron is now protected (Byron shire has taken the lead in being the first to officially approve Greenbelt Disposal as one of the options open to property owners), but other headlands are still at risk in Australia and elsewhere. So the Trust must go on and expand its activities to counter the media campaigns in support of expensive and dangerous disposal methods.

The safe and inexpensive Greenbelt modification of septic tank practice would not have been heard of but for the fact that our own and other private donations were able to finance its promotion by publishing and distribution of *The Greenbelt Handbook*. The biggest contribution being \$2 for each copy of the book sold.

The new role of the Protection Trust will be to publish books by other authors which stand no chance of getting into print because they are not recognised as a 'commercial proposition' by the trade publishers. The Trust will, in its new role, and, as its second objective consider publishing manuscripts outlining original ideas for better ways of doing things. It is a basic matter of concern that such ideas are in effect being censored because no one can afford to risk money on their publication. The Trust is prepared to assist by taking that risk, as funds permit, provided the ideas are clearly and concisely expressed, and the author is confident enough to accept full responsibility for them and for every statement made. I do not agree with the opinion that all such books would be losers. I think that some will prove profitable. If so, then the Trust will share the profit on a 50/50 basis with the author.

No manuscript will be either considered or returned unless a self addressed envelope with sufficient postage is enclosed. The Trust will not be (nor will it ever become) a subsidy or vanity publisher. It will not censor ideas, although it will assess their social importance and may advise on format and presentation.

Those who are in agreement with the dual aims of the Trust are asked to support the Trust, with any amount they can afford, by donation to any bank anywhere for deposit to The Cape Byron Protection Trust, Account No 52-4079, Westpac Mullumbimby Branch No. 732-583 – overseas donations by Bank Draft. Retain proof of payment for tax exemption.

My personal pledge to the fund will be fifty percent of any profit from my new booklet *Now You Can Enjoy Your Pool*. For any enquiries write to Lloyd Smith, Laverty's Gap Rd, Mullumbimby 2482.

---

## HANDY HINTS

### HOMEMADE POT SCOURERS

Cut up mesh onion bags into 6 inch squares and fold over.

### WARTS CURE

Make a paste of vinegar and carb soda. Place on wart then place bandaid over. Continue each day until wart has gone.

### HEADACHE CURE

Squeeze juice of half lemon into black tea.

### FLY DETERRENT

To deter flies place sprigs of mint at back door.

### CLEAN COPPERWARE

Mix 2 teaspoons lemon juice, 2 teaspoons vinegar and 2 teaspoons of salt. Spread on copper and rub with cloth.

### STAINS ON CARPET

Put soda water on stain. Rub gently with wet rag.

## GRASS 16 ROOTS

# SELLING THOSE UNWANTED ITEMS

by Sandra Morton, Mt Barker, SA.

Selling your unwanted items at a Trash and Treasure market is a good way of making extra money, especially if you are not in the paid work-force. I prefer selling them at a market rather than having a garage sale, perhaps because I like to remain a bit anonymous. Here are some ideas from the last one I had.

Decide the price of items beforehand at home and write it on a stick-on label. Have an idea of the current price of second-hand goods otherwise you can underprice things particularly if they have become antique with the passage of time. Take along sticky tape, scissors and a pen to mark your price stickers.

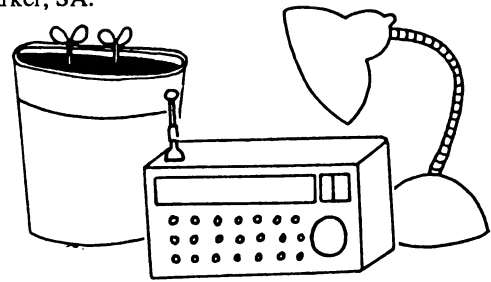
Have clean, neat looking goods and try to display them well. People seem to enjoy rummaging on a table so take some card tables (often you can borrow these from friends or hire a trestle from the market on the day). Hang clothes on a mobile rack, and take a mirror so people can get some idea of what the clothes look like. If you're selling shoes (although these don't move very quickly) supply a seat for people. Stack books so that the spines show and work out the price beforehand. Take clear plastic to cover your stall if it rains as you don't want books or clothing to get wet.

Combine with a friend to run a stall, not only for moral support but also so you can both take a break because running a stall means an early morning start. Take along a thermos of drink and some cups. When a friend and I held a stall, we noticed her handmade pottery sold well; people like handmade items. I have a Nemadji pottery vase that I picked up cheaply in Arizona that aroused a lot of interest. Small unusual items from overseas sell well; people like to buy these as gifts. If the stall is on Sunday, some couples are so relaxed, they don't wait for their change so you have to chase them. Rather than putting the money in a box, wear a coat or jacket with deep pockets or a bum bag for storing money. This ensures it won't be taken. Prepare for the day by having a lot of change with you.

The items that sold well on my stalls have been LP records, books, tools such as G-clamps, gardening equipment, purses, gloves, bright toys, car oil, degreaser, baby's clothes, jewellery, woollen garments (especially in winter), ethnic clothing, knick-knacks, small bottles, parfait glasses and ornaments.

Items that didn't move were non-working electrical equipment, baby furniture and Tupperware. Some surprising things sell, such as an ice cream container of used corks and bundles of wire coat-hangers, Vegemite glasses, a tin of beetroot (left behind by a flat-mate) and an old mixing bowl, even though all of these could have gone straight into the rubbish. Once, the first item to go was an old picture frame that was under-priced.

If the organisers allow it (some don't) bake some biscuits to sell. Buy some seeds and grow some seedlings (such as parsley or basil) so they are ready for the day, planted out in pots. Red pots are easier to sell than black or pink ones. Try selling items such as moss rocks or cedar roses from a cedar tree for craft projects. Time your stall if possible for a sunny weekend following a wet one or, if you live in Canberra, after a public service pay day. Don't dress up too much for the day and vary your approach to suit the customers. Look interested in what you are selling but don't be too pushy. Mingle with the crowd



on the opposite side of the table to get the 'feel' of your display and to see what it looks like. Make goods at the back accessible, move things around and let people rummage. Use unloaded comments to encourage people such as 'That's from ...'. Reassure them. It is easier to sell books if you talk to people. Be prepared to drop the price of things – it saves taking them back home. Enjoy yourself and the money you earn will come as a pleasant surprise.

## WOMEN'S HEALTH

The Women's Health Resource Collective (WHRC) in Melbourne has three new publications which will be sent free to individuals: a booklet entitled *Reacting to Food Additives*, a wall chart of *Natural Remedies for Common Ailments* and a set of seven decorative *Labels for Herb Teas*. Many more publications pertaining to women's health issues are also available free of charge to individuals.

For more information or a list of publications write to, the Women's Health Resource Collective, 653 Nicholson St, (PO Box 187), Nth Carlton 3054. Ph: 03-387-8702, 03-380-9974.

## HOW MUCH WOULD YOU SWEAT FOR \$80,000 !!



Send now for one of our brochures and I'll show you how by building one of our homes you can be \$80,000 better off - sounds incredible doesn't it!!

Our rock solid mud brick homes are available in kit form or built to registered lock-up stage or completion.

They feature concrete slab or paved floors, 10" thick walls, fully insulated vaulted cathedral ceilings and optional upstairs lofts.

Sizes range from 8.9 square cottages to as large as you want and prices are as low as \$23,700.



**post & beam**  
constructions

PO BOX 280  
HASTINGS 3915.  
(059) 83 1488

Send more information 

Name .....  
Address .....  
Postcode ..... Phone .....



# Build a Portable, Covered Market Stall

by Pamela and Herman Odijk, Mt Morgan, Qld.



Our stall used to be a familiar landmark every Sunday morning at the Port Macquarie markets. Perhaps it still is, because we had to leave it behind when we moved, and the people who bought our place may have used it too. In any case, it served us well and it cost us practically nothing.

## FRAME

The timber frame which we painted white was recycled from timber we found lying about. It was bolted together with a few inexpensive nuts and bolts. It was light enough to be lifted into the back of our trailer, usually by Herman alone.

## TABLE TOP

The stall table top, instead of being one large cumbersome piece of timber was composed of slats from a pair of bunk beds. These could be tied in a bundle with rope and were much easier to handle and if the stall was accidentally bumped or leant upon in one place any mishap was minimal as the whole thing didn't come tumbling down. I made a long colourful cloth to cover the top and hang down the front, which more or less hid boxes underneath.

## COVER

The stall cover comprised two parts – a recycled canvas blind for the front which was held in place by a piece of timber placed through a hem on the blind and placed across the stall top, while the front of the blind was held in place to shade the goods on the stall by two pieces of wood bolted to the stall frame, which acted as a hinged support. Over the top and reaching right down the back of the stall to the ground, we placed a tarpaulin. This was tied to the stall itself and to the ground with a couple of tent pegs and ropes (or to a fence).

We could drive our trailer onto site, place the stall in position, unload our produce (carried in boxes), remove the car and trailer and set up the stall in about 15-20 minutes.

## Materials

You may prefer to use pinewood because it's lighter or hardwood because it's sturdier.

1 x 4200 mm x 1800 mm x 20 mm (approx 14ft x 6ft x 3/4 in) chipboard laid loose or use slats

4 x 2400 mm x 50 mm x 50 mm (approx 8 x 1 1/2 x 1 1/2 ft)

4 x 4200 mm x 75 mm x 50 mm (approx 14 x 2 1/2 x 1 1/2 ft)

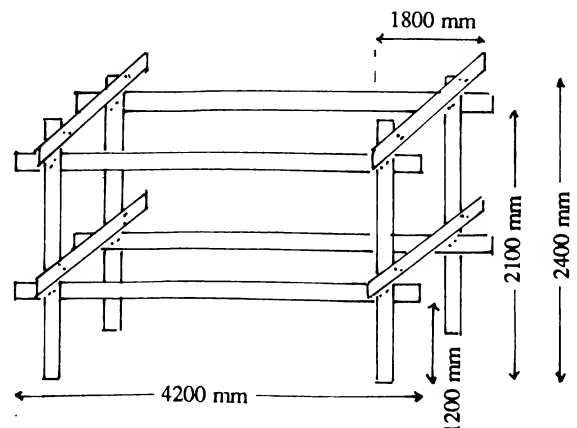
4 x 1800 mm x 75 mm x 50 mm (approx 6 x 2 1/2 x 1 1/2 ft)

32 bolts 150 mm (6 in) length

32 wingnuts

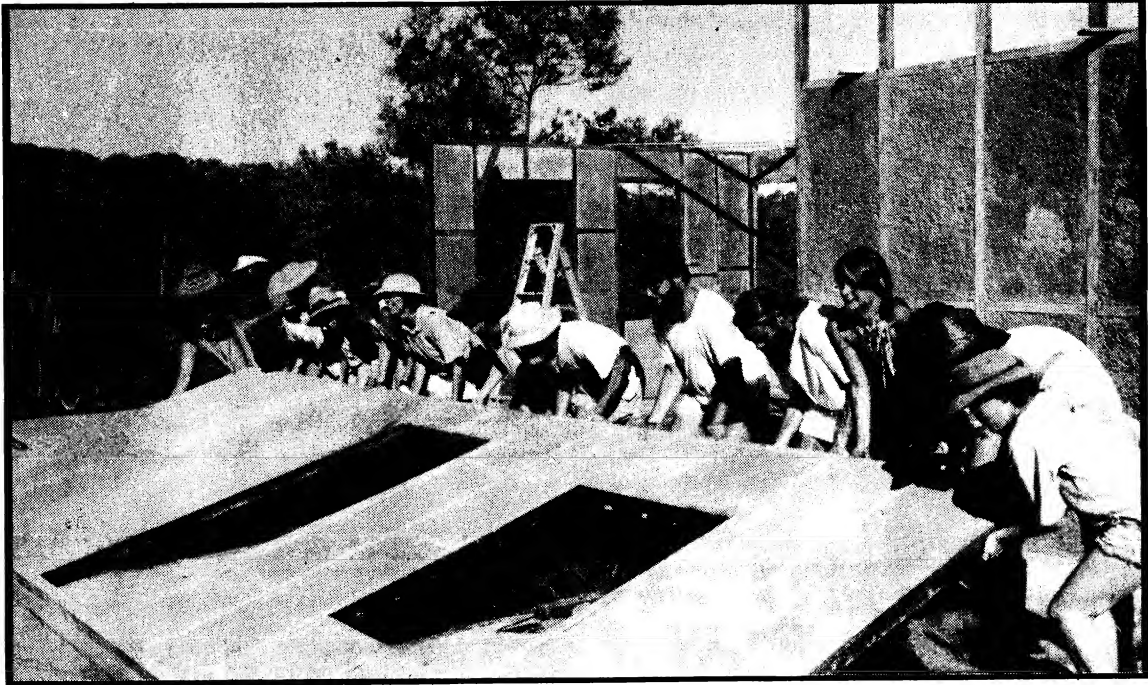
32 rings/washers

Top Cover – use tarpaulin or any substitute material such as canvas.



# THE BIG LIFT

by Linda Noodrow, Black Horse Creek, NSW.



It was a stinking hot day. We had put the word out that 'the big lift' was scheduled for 3 pm, but it was 4.30 before everyone was assembled and cool enough to begin. By six o'clock an amazing transformation had taken place. Our house had taken shape before our eyes. A flat platform had changed into two bedrooms, a kitchen and a living room – roofless, but with all the walls standing, fully braced, insulated, clad and lined. The other bedroom and the bathroom still to go, but by six o'clock we figured we had earned that beer cooling in the creek.

It's very cheap – less than two hundred dollars to clad, line and insulate the walls of a three bedroom house. It looks good – earthy, solid, a bit like adobe but with the framework showing, Tudor style. It's very strong, particularly against racking, which was something we had to consider in our high wind site. It leaves no cavity for wildlife to set up house in. It uses materials available practically anywhere, and relatively ecologically sound (as building materials go). It is fairly labour intensive though, but probably no more so than most, and certainly a lot less than mud brick.

The perfect building material? Well I'm sold enough on it to reckon it's worth sharing. It is a mix of sand, cement and sawdust. We had heard about it around the grapevine and went to visit a community where practically all the houses are built with it, which was enough to convince us. For most of those houses the wall frames were stood up first, then filled, which would make it a method suitable for a one or two person job. But if you can manage to gather a largish number of people together, just for a couple of hours, I recommend our method.

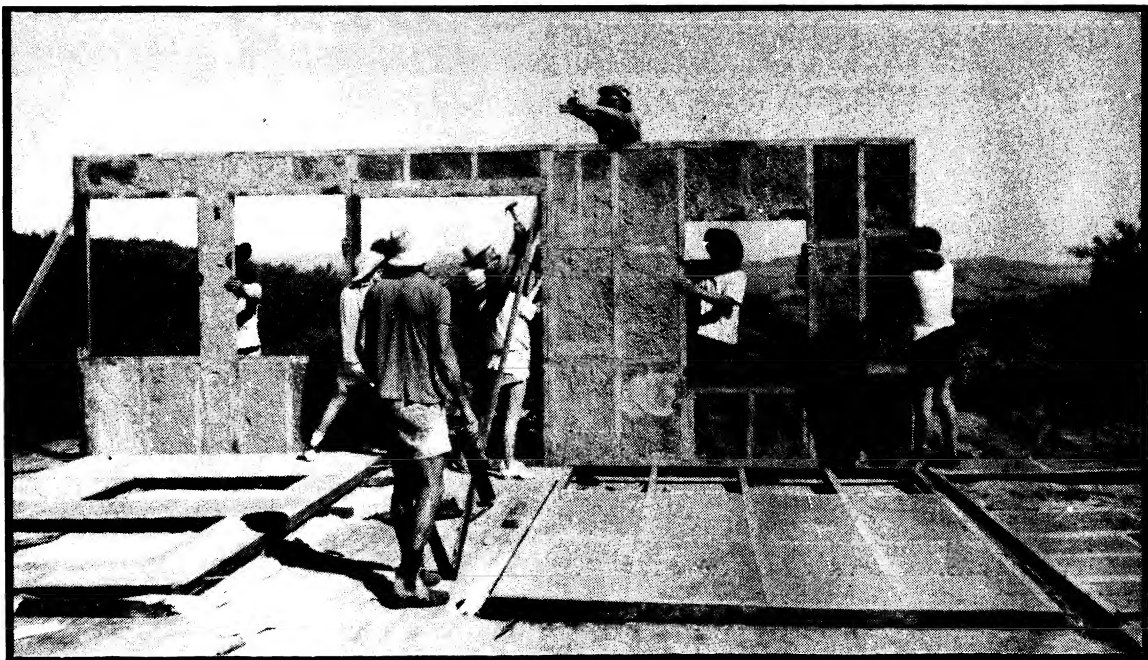
We built the floor first, including verandahs, and sealed it with Estapol. It is important to do this well, because otherwise the moisture involved in the process can warp the floor badly. We built the wall frames lying down (the frames, not us!) using standard 75 x 38 mm (3 x 1½ in) hardwood, but with no

bracing. Then around the inside middle of each rectangle of stud and noggin, we tacked strips of 25 x 13 mm (1 x ½ in) timber to 'key in' the sand/cement/sawdust mix. Lots of other materials would probably do for this, but the 25 x 13 mm (1 x ½ in) timber is a waste product of our local timber kiln, used for separating timber in the stacks.

We then laid black plastic over the floor and arranged the wall frames on it, as close as possible to their standing positions. We squared the frames *very* carefully and chocked them with offcuts nailed through to the floor outside the framework to keep them from moving out of square or bowing.

Meanwhile, we had had delivered a truckload of sand and sawdust; the sawdust free, another by-product of the local mill. It was a bit rough, so we sieved it through an old bedspring straight into the back of the ute, mixing as we went in the ratio of three shovelfuls of sawdust to two of sand to one of cement. Unfortunately the mix is too light to work in a cement mixer, so it was all hand mixing. Maybe a pug mill would do it but we didn't have access to one.

On site, we dry mixed the ute load well, then shovelled it out into the wheelbarrow to add water. It is just like mixing concrete, but somewhat lighter. The mix should not be too wet, just enough for a handful to hold together without any water squeezing out. It seems to go off faster than concrete too, so don't mix too much at once. The wet mix was shovelled into the hollows of the frame, tamped with a chock of wood, and screeded off. It is important to tamp it well down into the corners, and no water should seep out. It took four days of hard, hot work by three people to mix enough to fill all the frames, but that's not too bad when you consider how long it takes to nail up cladding and lining. We covered the filled frames with more plastic while they set, as we were worried that in the very hot weather they might need to dry slowly to cure. I'm still not



The walls were heavy to lift; one was slightly out of square and required force to fit into place.

sure if this was really necessary, but they dried with very little shrinkage and no cracks.

Two days later was 'the big lift'. The heaviest frame was the southern wall – six metres long with only one door and one window. It took all of sixteen people to lift it, and that was shoulder to shoulder. It was heavy, but not gut-busting, and half of those were of the 'weaker' sex – at least when it comes to lifting heavy things in one go! One wall, luckily the greenest one, was slightly out of square and had to be persuaded into place with a sledge hammer. Some of the mix fell out of the corners in the process. It was easy to patch, just by packing with a little more mix, but the lesson is to make very sure the walls are quite square. I wouldn't have liked to try it if the mix was a little more cured or a little further out. It is extremely good bracing material!

The worst job in the process came next. We had been a bit sloppy about the levels in the frames – some were slightly overfull, which meant the walls had to be sanded back to get a good even finish. We hired a big disc sander with dust bag for the job, but it was still hard, heavy, dusty, unpleasant work. There's no way I can think of to completely avoid it. The side of the wall that faces down onto the plastic will inevitably be a different texture to the other side, and sanding seems the only way to make them match. But the job can be minimised by taking some care when building and filling the frames so that only a light surface sanding is required. On the plus side though, it sands off quite easily, leaving a nicely textured finish.

All our walls are protected by verandahs, so there was no need to seal the outside. We painted outside and inside with old-fashioned whitewash. Hydrated lime mixed to a thin slurry with water and brushed on with a stiff, fence-painting brush. It took two coats to cover, using three bags of lime – which was the cheapest paint job I've ever done! The walls soak up a lot of paint, so if I was doing an exposed wall with expensive paint I'd seal it first.

We saw walls to which a little local reddish clay had been

added to the lime-wash, giving a very attractive pinkish finish that would go well with brush-box floors or exposed beams, but we opted for the light, cool, Tudor look of plain white, set off with studs and noggins of stained wood. If you use lime *wear gloves!* We did the first coat without, and the lime ate into every little scratch and splinter hole, creating great big green open sores that were quite painful. The lime does not dust off (as we half feared) and has the advantage that the spots where the kids run into the walls with tricycles can be easily patched up without worrying about matching paint.

The lime and cement left on the exposed edges of studs and noggins can be cleaned off with a weak solution of hydrochloric acid, then stained. We had lightly planed off the edges of the studs while building the frames and painted them with one coat of Estapol before filling. They came up well, but if I was doing it again I'd probably sand them and give them a couple of coats to make the job of cleaning off a bit easier.

The sand/cement/sawdust shrank very slightly as it cured, but the strips of wood keying it in ensured no drafts, and since the shrinkage was even throughout, it doesn't detract from the appearance. It was some time, and a few storms, after standing the walls before we got the roof on, but the walls showed no signs of weathering from the exposure. However on fully exposed walls I would probably paint all faces of the studs and noggins first, as I'd worry about the mix being porous enough to hold enough moisture to rot out the framework.

It is so simple, cheap, strong and attractive that I am surprised it is not better known as a building material.

## FUTONS

Beautiful handmade cotton mattresses.

Single \$105 Double \$160 Queen \$180

Made to order. PO Box 1890, Toowoomba Q 4350.

Telephone: 076-347-345.



# MAKING SOY MILK

Several Feedback letters in recent issues have requested information on making soy bean milk. Two generous readers have put pen to paper and sent in their favourite methods. For those with back copies, No 39 featured several readers letters covering a range of recipes and easy methods; see pages 9 and 92 for more details. Books are relatively scarce on the subject of soy beans but enquiries at your local library may prove fruitful. One book that may be in the library system (it is out of print now) is *The Soybean Book - Growing and Using Nature's Miracle Protein* by Phyllis Hobson and published by Garden Way Associates, 1978.



## HOMEMADE SOY MILK

by Lori Dennis, Moranbah, Qld.



If you've been drinking the commercial 'soy drinks' that are made with more vegetable oil than soy beans, you may need to get used to the taste of this pure homemade variety. There is one commercial alternative to the 'soy drink' and that is Aussie Soy 'soy milk' (if you don't mind aluminium lined containers). The following recipe will yield 6-7 cups of milk.

### SOY MILK

#### Ingredients

- 1 cup dry soy beans
- 6 cups boiling water (plus 2 cups of boiling water to heat blender)
- 4 tbsp honey
- 3 tbsp barley malt extract
- 2 tbsp oil

#### Optional:

- 1 tsp (1800 mg) calcium carbonate (doesn't dissolve so milk must be stirred or shaken before use)
- 1 tablet (25 cc, 50 mg) vitamin B 12

#### Method

Check soy beans for any that are broken and discard them. Wash, and then soak in 3 cups cold water for 4-16 hours, in a

bowl large enough to allow for expansion of beans. If they ferment (bubbling water), rinse before grinding. Drain well.

Boil a kettle full of water. Divide beans into 3 equal parts. Pre-heat blender by blending 2 cups of boiling water for approximately 1 minute, discard. Grind each portion of beans with 2 full cups of boiling water for 2-3 minutes. (The water must be boiling when poured, don't let it sit first.) During grinding, put newspaper around blender to keep the temperature high. (Stainless steel blender tops handle the temperature best.)

Strain ground beans in a muslin bag. Squeeze to get as much milk as possible.

Heat milk for at least 30 minutes in a saucepan set over boiling water to prevent scorching. Stir milk occasionally to prevent film from forming on top. After cooking, add water to make up for that lost to evaporation.

Add honey, malt, oil, and B 12 and calcium if desired. You may need to adjust the flavouring to your liking. Refrigerate immediately. Shake before use.

I have made soy milk from this recipe with success, albeit with some flavouring changes. I have not, however, tried the fortification so I don't know how it will go.



## SOY FLOUR MILK

by Robyn Hoy, Yinnar South, Vic.



I have recently purchased a book that I find extremely helpful for substituting ingredients in recipes for much healthier eating habits. As there seem to be so many people out there requesting recipes for soy milk, either free of aluminium or free of sugar, I have included the one from this book. The author Barb Walker, who works as a diet consultant with her naturopath husband in the local area, says she has no objection to this recipe being published.

**BASIC SOY MILK:**  $\frac{1}{2}$  cup soy flour, 625 ml ( $2\frac{1}{2}$  cups) filtered water, a little vanilla. Put the soy flour in a medium pot, add 125 ml ( $\frac{1}{2}$  cup) water and stir to a paste. Add rest of water and bring slowly to the boil stirring constantly. Add essence and simmer for 15-20 minutes. Strain the milk through a fine cloth into a heat-resistant jug. Keep refrigerated. Stir before use. Using this basic milk, which I use for cooking, I now make a more palatable milk for table use. It can be frozen in cup quantities.

**TABLE MILK:** 250 ml (1 cup) basic soy milk, 1 rounded tablespoon milk-free margarine, 375 ml ( $1\frac{1}{2}$  cups) hot filtered water. Put the margarine in a heat-proof jug along with the hot water, and blend till margarine is completely melted. Add the basic soy, blending until the mixture turns white. Keep



refrigerated and stir well before use. This milk is ideal for all milk drinks as it does not have the floury taste of basic soy. (I used Nuttalex).

This recipe book has been printed on good quality paper with large colour photographs supplied by the author. The whole job was so professionally done that we are quite proud of our local celebrity. There are recipes for jams made without sugar, crepes made without eggs, in fact there are no eggs or dairy products used, and filtered water is recommended throughout the book, just her way of reminding us of the problems we face. It doesn't seem to matter what flour (rye, barley, rice etc) is used in the recipes as they all taste quite good. Maybe this is because the author had some food sensitivities and actually had to eat this type of food herself.

The name of the book is *One Step Further* (the author believes it's one step further than Pritikin) and if you can't find it at your local health food store, write to Barb at PO Box 8, Churchill 3842. I believe the cost is \$18 plus postage.

# Candida

## a Twentieth Century Disease

by Sonia Borenstein, Mullumbimby, NSW.

Have you taken prolonged courses of antibiotics? Do you feel lethargic, drained or depressed? Are you bothered by other nervous symptoms including poor memory, feelings of unreality, inability to concentrate? Have you been troubled by recurrent vaginal yeast infections and other disorders involving the sex organs or urinary system? If you answer yes to some of these questions then chances are that you are a victim of a common yeast germ – *Candida albicans*. There has been a recent tendency for a growing number of American medicos and Australian naturopaths to attribute the cause for the above symptoms (plus many more too numerous to mention here) to an overgrowth of *Candida albicans*.

The Australian medical mainstream seem justified in being wary of blaming candida for such a large and varied set of symptoms. However, because of mounting evidence American general practitioners and Australian alternative therapists seem convinced that candidiasis has reached plague proportions and is indeed responsible for symptoms ranging from indigestion to recurrent ear infections.

### CAUSATIVE FACTORS

In my neck of the woods (Byron Bay on the north coast of NSW) many people (especially women) have either suffered from candidiasis or are in the process of recovering from it. Some of the local medicos say 'It's a trendy disease' and pass it off as a fad. However, if you take a good look at our western lifestyle with high levels of stress, large consumption of alcohol, sugar, tobacco, junk food and antibiotics, the argument in favour of a yeast overgrowth causing many health problems does not seem far fetched.

Some see the basic problem as one of the immune system. *Candida albicans* normally lives in your body but you do not get candidiasis or an overgrowth unless your immune system is malfunctioning. There are many factors which may depress the immune system, including stress, allergies, alcohol, drugs, lack of vitamins and minerals, but the most important factor is a diet high in sugar. Antibiotics have also played a large part, as evidence suggests that antibiotics kill the body's bacterial flora leaving a vacuum in which yeasts can proliferate and settle. The contraceptive pill may also take its share of blame. The progesterone component of the 'pill' causes changes in the vaginal mucous membrane which makes it easier for the ever-present yeasts to multiply and cause vaginitis. Increasing amounts of progesterone are also released during the two weeks prior to a period with the same result.

### TREATMENT

If you suspect that you have candida what can you do? A good idea would be to visit your local GP or a highly recommended naturopath. They will probably test you and the doctor is likely to send a culture to a pathologist. If they suspect candida in any part of your body – intestine, bowel, vagina, or throughout your body (systemic) they will probably:

- put you on the anti-candida diet,
- provide you with a suitable fungicide such as Nilstat

(Nystatin), Caprylic acid, Clotrimazole, or fungicidal herbs,

- build up your immune system by encouraging a healthy lifestyle and the use of vitamins and minerals,
- suggest you avoid all chemicals.

### Diet

There are many versions of the anti-candida diet. This one comes from *The Yeast Connection* by William G Crook MD. You must avoid: all sugar and honey, all packaged and processed food, bread and pastries, alcohol, condiments, sauces, vinegar, cheeses, malt products, processed meats, edible fungi, melons, fruit juice unless it is freshly squeezed, dried and candied fruit and leftovers. Drinks to avoid are tea, coffee and herbal teas.

As you can see there doesn't seem a lot you can eat and drink. There is a great deal of information in the book about foods to eat freely and those to eat cautiously but unfortunately I cannot go into that sort of detail here.

### Fungicides

The fungicides prescribed will depend on the practitioner and where in the body the candida lives. Nilstat (or Nystatin), and Caprylic acid can be prescribed for candida in the body; Clotrimazole (Canesten) for vaginitis. A naturopath may prescribe Nystatin powder, plenty of raw garlic, the herbs red clover and yellow dock, taheebo or Pau D'Arco tea and an oral supplementation of *Lactobacillus acidophilus* to return the natural bacteria the body may lack.

### Lifestyle

The lifestyle changes which may be suggested are: drink plenty of water, exercise regularly, avoid stress, use a vitamin and mineral supplement, don't drink alcohol or smoke, avoid antibiotics and drugs (cortisone or corticosteroids), mouldy places, perfumes, diesel fumes and other chemical odours.

### Vaginal Thrush

If you suffer from vaginal thrush I have collected some homespun advice just for you. As well as following the above advice it would be a good idea to always wear cotton underwear, wash in warm or hot water with a mild soap, don't wash your vagina with soap – use water, keep the vaginal area acidic, douche with plain yoghurt or diluted vinegar, have your sexual partner tested for candida, shower rather than bathe.

The anti-candida programme is a rigid and difficult one to maintain. A strong belief and commitment to its success is required as it demands a drastic change in most people's eating habits and lifestyle. As the immune system gains strength, the 'old' foods are added gradually until you can return to a normal candida-free life.

If you have a recurring medical problem which seems to defy diagnosis it makes sense to seek professional help. You never know – you just may have *Candida albicans*.

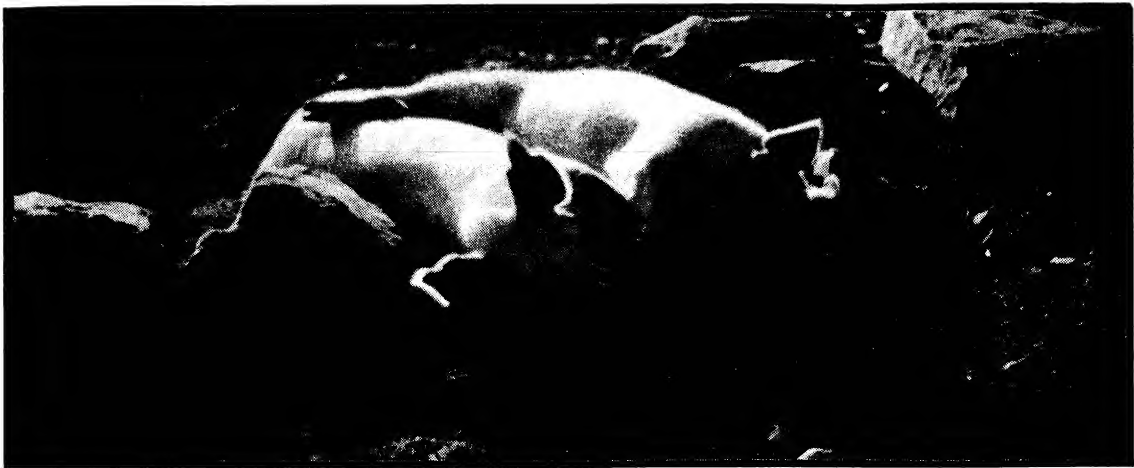
### References:

*The Yeast Connection*, by William G Crook, MD. *Candida – Diet Against It*, by Luc de Schepper MD PhD CA, *Candida – A Twentieth Century Disease*, by S Lorenzani.

Interviews with local doctors, health workers, dieticians, naturopaths and patients.

# *A Pig Tale*

by Judy Taylor, Bangalow, NSW.



George and Mildred savouring the delights of the sandpit.

George and Mildred were bought from a local piggery. They were four weeks old, pink, loveable and unrelated. I believe they are a 'large white, Landrace cross'. Their homecoming was as well planned as the Bicentennial Extravaganza. Our small truck was padded with potato sacks and lined with straw so as not to bruise or stress the precious cargo. 'Treat them gently', we were told, they are susceptible to heat and cold, should be kept out of draughts and fed only the best quality food.

They were installed in a small stone sty (it had been a goat shelter) with a drinker in one corner, a feeder in the middle and a heat lamp suspended from the roof. Wooden pallets were placed across the entrance until they were settled. Once the pallets were removed they had access to a small paddock enclosed with a seven strand electric fence. The area was rocky with a number of weeds and grasses and two small shade trees.

Creep is the first food given. I don't know how it came to be called that as my experience is that pigs never creep towards anything, they go in feet first. Needless to say they thoroughly enjoyed their food, nothing seemed to stress them and they soon took control of the whole farmyard. They sent the chooks, geese, ducks and dogs running for cover and screamed noisily if anyone was fed before them. My whole feeding routine was altered to accommodate the pigs. Poultry stood in awe as George and Mildred chomped and slurped their way through scraps that once belonged to them. The fingernails on my right hand soon became worn from scratching the pigs behind the ears; as scratching causes them to writhe in ecstasy I invested in a good hard scrubbing brush which served the purpose admirably and saved wear and tear on my fingers.

We were warned not to drop anything near them as it would be devoured. Their previous owner declares he spent a fortune on reading glasses. He carried them in his top pocket; if he bent over in the sty, the glasses would fall out and before he could retrieve them, they were gone! George did manage to eat the side out of a cement laundry tub with no ill effects.

Before long they decided their home needed new landscaping. They set about vigorously rearranging the rocks, rooted up all the weeds and grasses and ringbarked the trees. The

landscape became a moonscape. We were pumping from the creek one day and decided to pump some water onto George and Mildred. It became their greatest joy, to stand beneath a jet of water, sometimes with mouth open, trying to catch every drop and sometimes just letting it cascade down their backs. They would then roll in the dust bowl they had created until their lovely pink skin was caked with mud.

It was time to move them to larger premises. A tin shelter was reinforced and a wallow dug in a quarter acre paddock that had originally been for young bucks. It has only rained once since then so the wallow is really another dust bath. The nozzle drinker was moved down also. They loved the extra space and set about redesigning their new garden. Mildred rootles along in a straight line and George tends to zigzag. Together they managed to create picturesque ditches and furrows. They also deposited valuable fertilizer as they worked. Their old paddock was raked and watered and within a fortnight 103 pumpkin plants and over 20 cucumbers had germinated. Sadly the ducks cleaned them up within the next fortnight.

As they matured George became interested in Mildred in more than a brotherly fashion. His efforts were ungainly and badly misdirected. He started at the wrong end and it took him three months to work out his error. Mildred was patient and he did try hard. If he had known what was coming he might have practised a little longer. He was huge by now and it was debated when and how to get him off to the saleyard. After a phone call to the local stock carrier it was decided a horse float was the way to go as we have no loading ramp. On the appointed morning we were all feeling a little blue. George's exit, like everything else he did, was truly theatrical. The truck pulling the horse float broke down on our long driveway, blocking all entry and exit. The carrier walked the remaining very steep 550 metres to obtain my assistance. No problem. I grabbed the thick tow rope, jumped into the 4WD, turned the key – deadly silence. Try again – nothing. I had parked the vehicle diagonally across the slope. With much heaving and straining the carrier and I inched the beast into a downhill position and eventually managed to clutch start it. After securing the rope to his truck



**UP TO 280** LTR CAP  
AT THE MOST  
COMPETITIVE PRICES  
IN AUST

PH: VIC 03-431-0204  
NSW 02-681-4365  
QLD 07-208-4822  
WA 09-328-5733

I put my vehicle into the lowest ratio and tried to drag his up the hill to a flat spot where we could load George and hopefully turn the truck around, though I wondered how he would manage to get out of the place. That failed also. By now the carrier (who also happens to be the local auctioneer) was looking rather flustered. He had a calf auction due to start in fifteen minutes and had thought he would just whip out and pick up George first. Unhitch the rope, leave truck and horse float, take carrier out through the back fence, across neighbour's property and back to the saleyard. On the way out I called in on said neighbour (remembering not to turn off the ignition) and enlisted his help. By the time I got home through the front gate he and a mate had his tractor hitched to the truck and had pulled it out. George was loaded post haste and the entourage left, the tractor pulling the truck, pulling the horse float containing George. It was a hot day and Mildred had stood patiently nearby throughout the whole epic. As we walked back down the hill together she grunted loudly and I wept softly. I offered to let her stay in her original small yard near the house but she decided to go back to the larger paddock she had shared with George.

Mildred turned out to be a fickle female, she now keeps company with a young buck who lives in the paddock next to her. They converse through the pig wire, run up and down the fence line or lie in the shade of the same tree. Mildred is a disciplinarian. If any of the goats are naughty and escape into the neighbour's orchard or my vegetable garden, they are confined for the day with Mildred. One day is enough, they are glad to be away from such a bossy, flamboyant, boisterous cell mate. You can't lie in the sun chewing your cud with Mildred around. You have to be up and moving around busy, busy. She can't abide laziness and will nip anyone suspected of sloth.

‘Treat them gently’? Apparently no one told Millie to treat me gently. As I enter the yard her excitement propels her forward at great speed. With bucket of scraps held high I goose – step towards the feeder while she joyfully snaps at my heels. So far she has never connected, I hope she never does.

We now eagerly await Mildred's farrowing. We've come the full circle. Undoubtedly Mildred will cope with rearing a family in her inimitable fashion, but will I cope with a litter of piglets and the destined A.I. that follows? I have already stated that I will be unavailable that day, but you can already guess who will get the job of straddling the pig (to keep her calm?) while the deed is done.

*This is how much you could spend on disposable nappies for one baby.*

# PEEPERS

are the safe alternative



- Beautifully fitted
- Self- fastening
- Soft and absorbent
- No pins, no folding,  
no fuss
- Completely washable
- One size fits most babies
- Makes an ideal gift

**Teenyweenies (\$55 for 10) and  
Toddlers (\$8.50 ea) also available**

Post to: PO Box 338, Ravenshoe, Q. 4872 (NSW, Qld, NT, WA)

PO Box 170, Reservoir, Vic. 3073 (for Vic. SA Tas)

Pay by (circle)    Cheque.    Bankcard.    Visa.    Mastercard  
Name \_\_\_\_\_ Address \_\_\_\_\_

Postcode

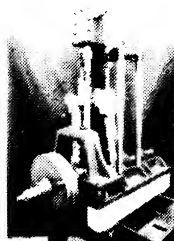
Phone ( ) (Price includes post and pack)

10-packs regular @ \$60 . . .	\$ . . .	Single @ \$8 . . .	\$ . . .
-------------------------------	----------	--------------------	----------

Lot No 5, Woorroora Rd, Ravenshoe 4872.

Expiry      /      /      Signature

Full size stationary & marine steam engines for alternative energy systems & boats. System prices from approx \$6,000.



**Rod Muller, Strath Steam,  
Taylors Lane, Strathalbyn, SA 5255.  
Phone 085-362-489 Fax 085-362-113.**

# OASIS

by Nancy Oliver, Maleny, Qld.

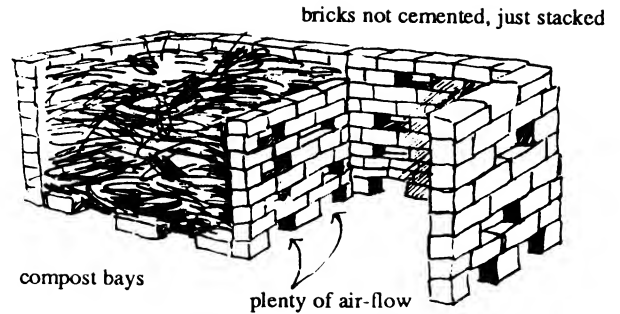
I moved into the beach cottage in July. I had come with the idea of making a garden and I had been perceptive enough, while still in civilization, to buy a copy of Esther Deans' book *Growing Without Digging*. When I looked at the ground surrounding the house, I knew I couldn't have bought a more appropriate book, whatever gardening I was going to do would definitely be on top of the ground. It was all sand, nothing but sand. I walked towards the back of the block, all sand. I dug, and found nothing but sand.

Amazingly this sandy wasteland supported several large trees, all looking remarkably healthy despite the drought. Grass, the rampant creeping kind, lay dormant and brown, ready to spring up again when the rain came and a few impatiens and geraniums struggled heroically in the one and only garden bed along the front of the house.

I selected an almost flat piece of ground on which to build my no-dig garden beds. It was slightly sheltered from the north east winds, which I had been told could be very strong at times. Half of the plot I had chosen was shaded at certain times of the day by a large tree. It didn't cast heavy shadow, more like filtered light. Anyway, I thought it would do for plants that don't like hot subtropical sun the entire day.

Along the boundary of the property several hundred bricks were stacked neatly, remnants of a long lost dream of some previous owner to build a better house than the present ramshackle one. These would be just the thing for my purpose. A suitable size for the garden beds, taking into account my ability to bend and stretch, (I'm not as young as I was) was twelve bricks for the sides, six bricks for the ends, and two bricks high. Following Esther Deans' instructions to the letter, I then covered the bottom with sheets of newspaper several pages thick. Next, I put in some lucerne hay. When you buy a bale of hay, it comes apart in sort of pads, and these are the right thickness to place on top of the newspaper to cover it completely. Over the hay I sprinkled some cow manure, the kind you buy in a bag and which has no smell. On top of this I spread lots of straw, fairly loosely, but piled it high because it all sinks later. A few more generous sprinkles of manure, some blood and bone, and the garden bed was almost ready.

The next step was to add a top layer of compost 10 cm thick in which the seeds would be planted. Actually, it isn't necessary to add all the compost at once, just in the area you are currently planting. I had to buy my compost. In the sandy desert I had



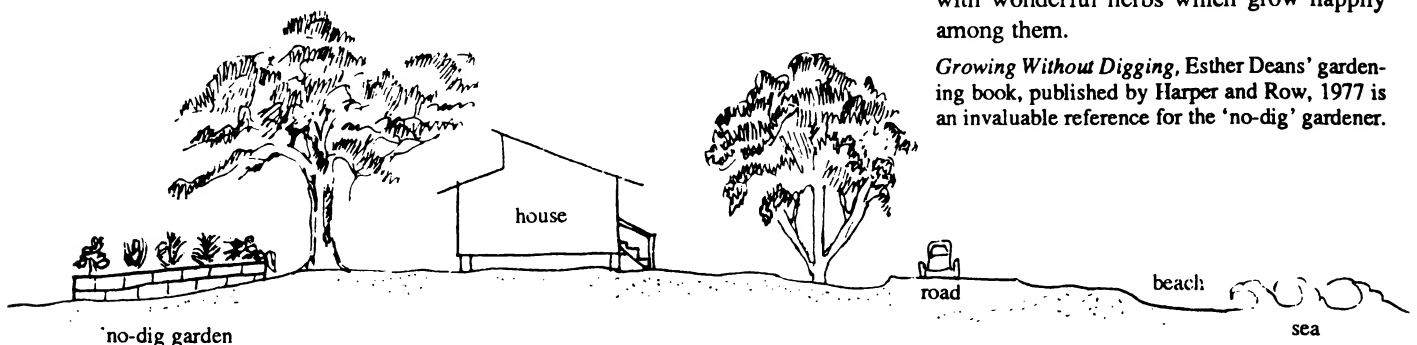
moved to there was nothing to hand. So, expensive or not, I purchased some bags of mushroom compost. It was black, moist and beautiful, so I applied it lavishly. Into this went my first seeds; beans, peas, carrots and lettuces. You need to water the garden well after planting and then according to need, keeping the straw just damp.

From the inexhaustible supply of bricks I constructed two bins for compost and at this stage I thought it was time to step across the road to the beach and see what the seaweed situation was. It was very disappointing, I could see that my compost heaps were going to take a long time to build. But I learnt that every little bit helps and the tiny pieces of seaweed that I found each day soon mounted up. There were daily kitchen scraps, and I became a scavenger of weeds, anybody's weeds. In a drought, I discovered that weeds are as scarce as hen's teeth. I bought home cabbage and cauliflower leaves from the supermarket, often causing some curiosity at the check-out. 'What have you got in the sack Madam?' Surprisingly quickly the compost heaps were completed. They could now sit and 'do', while from then on all organic matter was used as mulch for the vigorously growing plants.

Two more garden beds were constructed, one of which was to be exclusively for potatoes. For the pumpkins and melons, I dug holes in the sand, filled them with scraps and seaweed, then on top made mounds of mushroom compost into which I planted the seeds. Occasionally I fed around the plants with manure, seaweed or blood and bone, as any added nourishment leached away quickly in the sand. I covered the ground with straw and the small pumpkins were placed gently on to this.

The neighbours are humbly eating their words, 'You can't grow vegetables here', and I am gratefully eating delicious lettuces, peas, beans, beetroot, carrots, radishes, cabbages, zucchini and silverbeet. All these are delightfully supplemented with wonderful herbs which grow happily among them.

*Growing Without Digging*, Esther Deans' gardening book, published by Harper and Row, 1977 is an invaluable reference for the 'no-dig' gardener.



# AN AVIAN IDENTITY CRISIS

by J M, Bilambil, NSW.

There are times when we reflect on past humorous events and wish that we could have afforded photos then, to show relatives and friends now. The situation began when we had an aged bantam hen given to us. She layed 3 or 4 small eggs a week, but in places that turned out to be a real treasure hunt to collect. In time she decided to go broody and as we had no rooster this was all a waste of time, this sitting on infertile eggs that we wanted to use. After three settings, we really had to hunt to find her each time. In sympathy with her plight we asked the only source nearby, who was a breeder of ducks, could we have a fertile egg. Well in due course a little yellow ball of fluff was hatched and you have never seen a more doting mother. She really used to get upset when the duckling went for a swim in the water dish. Possibly the funniest part was, as the young drake grew his 'mother' seemed to get smaller, as he followed her around everywhere. The problem of cuddling under the small bantam's wing at night really used to upset her as time passed because he used to, when half grown, tip her right over. He loved swimming and plodding around in the rain, but he identified himself as a male of the chook variety. We had acquired some battery hens of a more normal size at auction while this drake was growing, and eventually he figured out what they needed and what he should do about it all. At that time we realised the fun was really beginning for us, as we approached our friendly neighbour again to sell us a duck so as to pair him off in a proper way. Even after they met and were caged together (sometimes free-range as previously) and

all her eye-rolling, neck-rubbing and fussing around him, he still wanted to only pursue his former company. It took weeks of careful management to protect our laying hens and encourage him to act in a correct manner. His bantam mother gave up on him when he tried rough tactics, fully grown, and she returned to her former practices. The adventure ended on a happy note when finally the young duck settled into a nest with her eggs and they raised their own ducklings. But, I clearly remember this bantam no more than 8 inches high dotingly leading this drake, 15-18 inches in height, all over the property.

## FIRE LIGHTERS

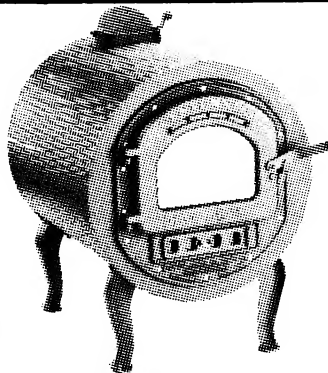
When cleaning out the fireplace save some lumps of charcoal. Put them in a tin or jar and cover with kerosene to make cheap fire starters in damp weather. Store in a safe place, away from heat and children.

## AUSTRALASIAN POULTRY

The magazine for poultry enthusiasts

Just \$4.25 per copy at newsagents  
or subscribe at \$24 for one year

Poultry Information Publishers,  
PO Box 198, WERRIBEE 3030.



### BECAUSE YOU ASKED FOR IT!

### WELCOME CENTENNIAL CYLINDER

Fully welded, rolled  
steel cylinder including  
damper and smoke shelf.

**Tremendous heat output quickly,**  
'Directed-draft' makes a **ROARING FIRE IN MINUTES!**  
So much easier to light!

**Steady heat all night long.**

The air-tight door and precise draft control make for long steady burns. **WAKE UP TO THAT WARM FEELING!**

**Optional fire brick base and hot water coil.**

Ask about our four new heaters. Send for your free copy of **HOT DRUM NEWS** now, and learn how these wood heaters could solve your heating needs at the right price.

The **HOT DRUM NEWS** also has information on water heating, fireplace conversions, central heating, installing a flue and other hints for all wood burners. Also learn about **TIN-CUTTER.**

Write to: **HOT DRUM, BOX 3 (G), MALENY, 4552.**  
**Ph: 074-942-496.** Dealer enquiries invited.

## PUBLIC NOTICE

Due to coming new legislation concerning *emission controls* on all solid fuel heaters proposed for 1993 all heaters manufactured and sold will need to comply to the new Australian standard. This will increase considerably the cost of heaters and bring the demise of the true slow combustion heater.

**Don't you miss out.**

**Order now and avoid the rush**

**Why a cylinder?**

Engineering principles show that distortion and warpage, also weld breakage occur at high temperatures with greater stresses found in flat steel sections and welded intersecting corners. Consider: Stream trains, boilers and pressure vessels all use the cylinder for lasting durability and strength.

**Don't be square!**

**Ring a Hot Drum agent today!**

SEQ-Nth NSW: Leo & Annette Spring. Ph: 075-468-264.

Toowoomba-Qld: Andrew & Geoffrey Gray. Ph: 076-301-434.

Sydney-NSW: Rolande Clarke. Ph: 047-878-286.

Orange-NSW: Des Burford. Ph: 063-651-038.

Wyndham-NSW: Greg McLean. Ph: 064-942-059.

Canberra-ACT: Wayne Gardiner. Ph: 06-230-8242.

Narrogin-WA: Norm Sexton. Ph: 098-811-418.

Bunbury WA: Joy & Simon Ensor. Ph: 097-557-574.

Tas: Barrel Heaters. Nth ph: 004-961-589. Sth ph: 002-782-336.

# A PUSH-ME PULL-YOU IN THE KITCHEN

by Barbara Hemmings, Wolvi, Qld.

This Push-Me Pull-You is a wonderful helper in the kitchen. The chin grabs hold of a hot oven tray and pulls it out for a look at the cooking, then the horns push the tray back. The long neck keeps your hands well away from the risk of burns.

## MAKING YOUR PUSH-ME-PULL-YOU

### Materials

330 x 45 x 6 mm plywood  
jigsaw  
glasspaper  
soldering iron and appropriate heat  
drill and 5 mm bit  
countersinking bit  
Estopol

### Method

Mark out the pattern (see diagram) onto plywood. Carefully cut it out with jigsaw. Drill a hole for hanging at the base. Countersink the hole on both sides for a neater finish. Sand all surfaces smooth.

Prepare a small soldering iron, making sure all surfaces are clean so that the iron will be hot enough to burn evenly. Heat up the soldering iron and experiment on scrap plywood to find what patterns are possible for eyes and body markings. The point of the soldering iron will give eye shapes, the triangular edges of the iron will give a variety of body markings.

If you have access to a wood burning kit, it can be used to make quite fancy markings on your Push-Me Pull-You. Before you make a final decision on what burn shapes look good, give the burns a light rub with glasspaper to see final finished effect. The clear varnish finish will make the wood a little darker.

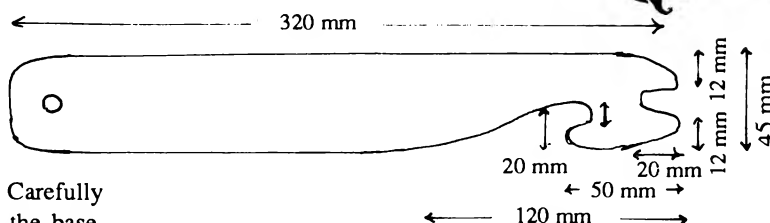
Reheat the soldering iron and burn appropriate markings onto sanded shape. Keep reheating the soldering iron to maintain correct burning temperature.

Sand all surfaces once more to clean off burn dust. Wipe clean. Paint shape with two coats of Estapol and your Push-Me Pull-You is ready for the kitchen.

Reprinted from *Leisure Crafts*, by Barbara Hemmings, published by Booralong Publications, features 56 simple craft projects for the home and family. Copies can be obtained from the author at 2 Vines Rd, Wolvi 4570, for \$9.95 posted.

## DECIDUOUS TREES

Deciduous trees will soon be bare of leaves, so this is a good time to look at them critically. Tell-tale piles of sawdust will indicate that boring insects are, or have been, at work. Often these can be fished out of their holes with a piece of bent wire, but modern teaching is that borer holes should not be filled, nor should they be injected with insecticides. Borers attack trees that are already under stress for some reason, so the emphasis should be on maintaining the tree's vigour by correct fertilising, watering, etc. If there is no obvious reason for a tree being stressed, then it is best to consult an expert on tree care. A mature tree is worth money, and very hard to replace!



# IRIS OILS

**Wholesale . . . . . Retail**  
**Essential Oil Extraction Units**  
**and Sundry Items**

*Solvent* *Steam*  
*Extraction* *Distillation*

**FOR MAIL ORDER**  
**CATALOGUE**

**IRIS OILS, P O BOX 5313,**  
**MAROOCHYDORE SOUTH 4558**

**PLEASE TICK:**

**SOLVENT EXTRACTION** ☐  
**STEAM DISTILLATION** ☐  
**SUNDRY ITEMS** ☐  
**Oil Bottles, Burners,**  
**Scientific Glass, Solvents**

**NAME.....**

**ADDRESS.....**  
**.....**

**POSTCODE.....**



# MICROLIVESTOCK

by David Noel, Subiaco, WA.

Over the years, we have seen increasing work done in backyards and smaller rural holdings on the introduction and development of new fruit and vegetable crops. Paralleling this has been a growing public awareness of the importance of preserving plant germplasm through cultivation. Where a useful plant species is under threat, due to development pressure or unfavourable environmental changes in its native range, there is real merit in promoting its conservation by purposely growing it in domestic situations.

The same arguments apply to interesting and useful varieties of common crop plants. Often the commercial market has no interest at all in 'heirloom' varieties of fruits and other plants, even though these could possess genes for such things as disease resistance which the commercial grower might well need some day! All too often the older varieties are 'swamped out' by a tiny number of commercial varieties, and perhaps valuable plant genes lost forever. The dangers have been recognized, and some good work is being done with plants. But there is a huge separate area which is equally threatened, and almost completely neglected – that of small livestock, the animal equivalent of 'raising the vegies'.

Now a splendid new book, *Microlivestock: Little-known Small Animals with a Promising Economic Future*, gives the possibility of doing something about this neglected area. Produced by BOSTID, the Board on Science and Technology for International Development of the US National Research Council, the book not only opens up new vistas for smallholder use of little known animal species, it also gives a completely fresh look at using familiar animals on a different scale.

Take pigs. Commercial producers of pigs have generally concentrated on large breeds, weighing 100-200 kg or more when fully grown. Pigs on this scale are generally outside the scope of the smallholder, needing big buildings and strong walls to keep them in. However, there are many much smaller breeds in existence. *Microlivestock* gives descriptions of many micropigs, breeds weighing below 70 kg when fully grown; the Ashanti or Nigerian Black (25+ kg), Chinese Dwarf (20+), Black Hairless, Nilo, Yucatan, Kangaroo Island, Ossabaw (20+), Kunekune or Poaka (40+), right down to the tiny Cuino, which weighs only 10-12 kg fully grown. In some places, such as Vietnam, these tiny animals are 'indoor' livestock. All these are small breeds of the common pig, *Sus scrofa*. Many of them have much greater hardiness and disease resistance than the common commercial breeds. And there is even another species, the Pigmy Hog of northeastern India (*Sus salvanius*), with smallholder potential – adults weigh under 10 kg, and stand only 25 cm high at the shoulder. But, in a familiar situation, the Pigmy Hog's native range is under threat and it is one of the 12 most endangered species on earth. Development of the species as microlivestock offers a possibility for preserving the species with a built-in economic plus – conservation because it makes money!

There are seven sections in this 35 chapter book. As well as micropigs, the section on microbreeds also includes microcattle, microgoats, and microsheep.

## A BETTER FLY TRAP

*The muscovy is a voracious omnivore that is particularly fond of insects. For years Canadian farmers have sworn that a few muscovies took care of all fly problems on their farms. In 1989 Ontario biologists decided to put this to the test.*

*Starting with laboratory trials, they first put a hungry five week old muscovy into a screened cage with 400 living houseflies; within an hour it had eaten 326. Later, they placed four muscovies in separate cages containing 100 flies each. Within 30 minutes over 90% of the insects were gone. It took flypaper, fly traps, and bait cards anywhere from 15 to 86 hours to be that effective.*

*In field tests, pairs of two year old muscovies were placed on several Ontario farms. Videotapes showed the birds snapping at and biting flies about every 30 seconds and being successful on 70% of their attempts. With that efficiency, they achieved 80-90% fly control in enclosures such as calf rooms or piggeries. The birds were given only water and had to scavenge for food. Females seemed to eat about 10% more flies than males, and individuals of any age between eight days and two years were equally effective.*

*The birds fit the practical needs for farmyard fly control. They stayed close to piglets and calves, to which flies are particularly attracted. They even snatched flies off the hides of resting animals. On one farm, the birds huddled between sleeping piglets and were accepted by the sow lying beside them. This was noteworthy because most fly-catching devices must be kept far from animals.*

*The researchers point out that employing muscovies does not eliminate all need for insecticides, but reduces amounts required. And muscovies are biodegradable, will not cause a buildup of genetic resistance, taste better than flypaper and the naturally mute birds seldom make any noise.*

There are three extensive sections. Poultry, with 9 chapters, includes not only familiar species such as chickens, ducks, geese, and turkeys, but also the less common guinea fowl, pigeon, muscovy, and quail, and 11 potentially new types of poultry, including Chachalacas, Guans, Curassows, Megapodes, Francolins, and Tinamous!

The rodents section, with 11 chapters, is the biggest. The microlivestock include agouti, capybara, coypu, giant rat(!), hutia, mara, vizcacha, and many more. Deer and antelope has 7 chapters on such stock as mouse deer, muntjac, and duiker. Finally there are smaller sections on rabbits, lizards, and bees.

As with all BOSTID books, this title is very well written and presented. The scientific editor, Dr Noel Vietmeyer (a New Zealander), seems to have the knack for presenting a huge amount of useful information in a concise but interesting way, whetting the appetite for an even more detailed look at one aspect or another which takes your fancy. As an invaluable aid to doing just that, the book includes a 20 page listing of selected readings, divided up in the same way as the main book, and, for the really serious, 34 pages of research contacts, names and addresses of people working on or interested in these microanimals. In an ever more crowded world this book opens up a compelling vision for small-scale self-sufficiency, making good use of the animal world.

*Microlivestock: Little-Known Small Animals with a Promising Economic Future.* BOSTID, Washington, 1991. 449 pages, Paperback. Available at \$39.95 from Granny Smith's Bookshop, PO Box 27, Subiaco, WA 6008. Ph: 09-385-3400.

# EARTHKEEPERS

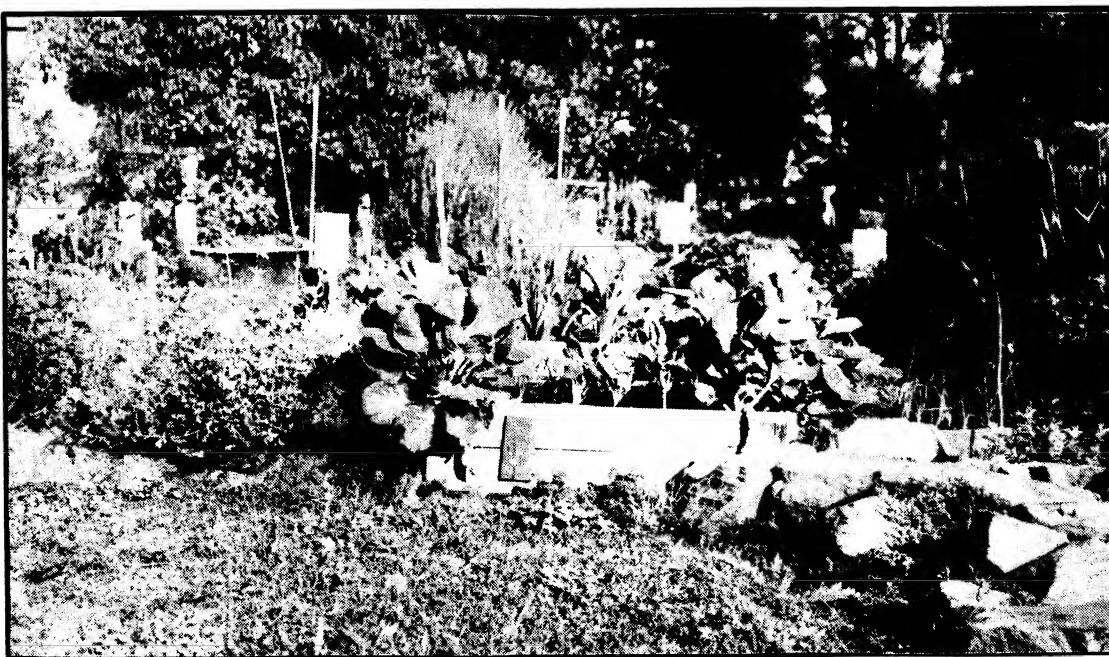
by Judith Collins, Thirlmere, NSW.

## Organic and Natural Living Centre



Above: Early days in the garden with Judith clearing up around the citrus tree.

Below: Part of the organic garden today with herbs growing side by side with vegetables.



Earthkeepers has been a long time coming – in the sense that I have been an organic gardener since my teens. In adulthood, I have grown edible plants no matter where we lived: from a one square metre plot in front of our caravan to backyards and now, an acreage. I lived on a tight budget and could not afford to invest in chemical maintenance of my gardens. Therefore I had to turn to natural controls and painstakingly learn what does what, what goes where and why. This has given me eighteen years practical experience in companion planting, natural pest control and experimentation with numerous gardening systems.

Some years ago, after becoming bored with my career I looked for a change of direction. My husband and I sold our house and purchased an old Estonian free range chook farm that boasted a few stone fruit and citrus trees. The property had been rented for some years and in that time knew little maintenance, for example fruit trees and camelias had been constantly pruned with a chain saw (almost to rootstock) to make way for grazing sheep. Sheds were numerous. Time sorted what could be saved and what would be toppled for scrap and recycling. Blackberries had taken hold. We cleared one area and found a car, while another revealed a horse cart. Surprises

of this kind provided the enthusiasm we needed to face the cuts and bruises, aches and pains.

Still looking for a change I enrolled to study at Hawkesbury Agricultural College. It was there I found direction. Fellow students and tutors were full of encouragement for my property (due to its array of organic gardens) to be opened to schools and adult education groups. I took their advice and provided part time access to groups. A new demand came from the public. I left work and opened the property more regularly. Conducted tours brought countless inquiries for a specialised one day course. With fifteen years of experience of lecturing and community education behind me from a previous career, it took little time to prepare the Organic Food Growing Course (includes no dig gardening, companion planting, intercropping, natural pest control, mulch, compost and fertiliser making, with fact sheets, charts and seven garden designs – cost \$45.00) Still people wanted more. So, I developed more and more courses – Storing the Home Grown Harvest, Seed Saving, Reducing Your Cost of Living Painlessly and so on. Nearly twenty years of practising companion planting, together with its record keeping, produced the companion planting course and from there, our famous dirt and waterproof companion planting guide (\$5.50 plus \$1 postage). Since then many more publications have been produced and the gardens extend to acres.

Earthkeepers aim to help people to achieve skills to live more naturally and in harmony with the environment. My family's interest in natural health for many years has led Earthkeepers to extend itself into this field too.

There are many things to do and see at Earthkeepers – the edible cottage garden, the organic vegetable gardens, the



An example of one of the many educational gardens.

American tower gardens, the thermal gardens, the permaculture orchard (companion planted/free range geese, ducks, chooks/passive solar hen house), herb gardens, the recycled garden (household and industrial waste now assets in the garden). Browse in the organic nursery specialising in companion plants and traditional vegetable seedlings. Free brochures are available from our resource centre (rooms of free information on gardening; farming, the environment). Our shop provides produce, craft and literature. Or, enrol in one of our popular one day or half day courses conducted in our gardens and seminar centre. We welcome readers to come and visit.

Open 10 am to 4 pm Sunday to Thursday. We cater for small groups to field days. We have wheelchair access. Brochures are available by sending a stamped, self addressed envelope with your request. Earthkeepers, Lot 1 Addison St, Thirlmere 2572. Ph: 046-819-623.

## 240 Volt Mains Power — Anywhere



### RECREATION

My-power provides home comforts with a miniature power station at your disposal. Ideal for caravans, campers, 4WD's, boats - anywhere you happen to be!



### BACK-UP POWER

Ideal for lighting, television, and security during times of mains power "black out".



### BUSINESS

Will happily power most laptops, small PC's, printers, fax machines and cellular phone chargers.



### SPECIFICATIONS

Model: MP-200A

INPUT: 10.0-15.5V DC  
OUTPUT: 240V AC 50Hz

### RATING

Continuous: 140 W  
Intermittent: 200W  
2 Sec. Surge: 400 W

### INDICATORS

Red: Mains Available  
Green: Battery Connected  
Audio: Low Battery

PLEASE SEND ME MORE INFORMATION ABOUT:  
and your Price List on  
solar, hydro and  
wind energy  
systems.

## Rainbow Power Company Ltd.

Manufacture, sales and installation of appropriate home energy systems  
1G Alternative Way, Nimbin N.S.W. 2480 - Ph: (066) 89 1430 - Fax: (066) 89 1109  
MORE THAN 25 AGENCIES ALL OVER AUSTRALIA



# THE HOBBIES OF A BEACH RAMBLER

by Jane Smith, Kilsyth, Vic.

Beach rambling must be one of the most pleasant of pastimes. Any time of day, from cool early morning when the sand is damp and firm underfoot, to late afternoon when the setting sun turns to amber the swirls of foam on the shore, the beach abounds in treasure for the hobby enthusiast.

Shells for handcrafts lie where the high tides cast the driftwood and seaweed into low banks; shells to be examined and picked over, collected in a bag and taken home. There they may in time be glued onto little boxes or plant pots or onto a cardboard cone that will form the skirt of a small doll.

Light and delicate shells, like the pale apricot bubbles from oyster beds offshore, might be strung together with lengths of nylon fishing line and made into windchimes. Windchimes made from shells seem to match naturally with cane furniture and striped canvas cushions and feathery plants growing in pots decorated with shells.

Driftwood has always appealed to the imagination and finds its place as a lamp base or a wall decoration, or outside on the bark-litter garden as a sculpture form.

Seaweed enriches the compost heap. Or it can be simply hosed free of salt and spread on the garden directly as mulch. A friend who has a pet sheep 'lawn mower' finds that whenever she tips a bag of freshly gathered seaweed onto the lawn to hose it down, the sheep beats her to it. It is in, 'boots and all'. The salt water must give the seaweed real flavour, but my friend worries about what the sand clinging to the kelp might do to the sheep's ageing teeth. Hose-rinsed seaweed doesn't seem so appealing, but what is left on the lawn disappears slowly over a few days as it turns dry and biscuity. Perhaps it is as good as a tonic for the sheep.

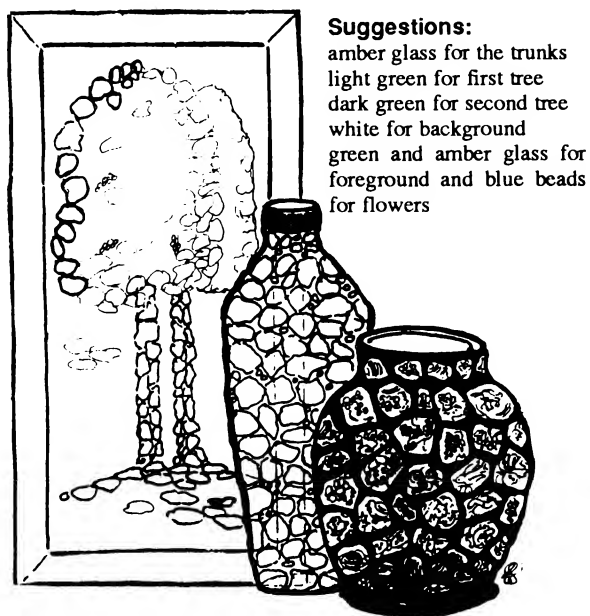
Where early settlements began and grew into townships close to the shore of sea or river an old custom was bound to go along with the early settlers. 'Throw it over the bank' went for everything from garden rubbish to broken china and glassware. A century and more later, beach ramblers find waterworn pebbles of coloured glass and smoothed fragments of Victorian china lying in the drifts of shells and debris on the beach.

Sometimes, there is a real 'find' of a tiny doll's head or an intact china lid, or the glass stopper from an old sauce bottle. Exciting stuff indeed, for those of us who indulge in beach-findings mosaic work!

The china fragments can be imbedded into a coating of ceramic tile adhesive that has been smoothed over the outer surface of an interesting bottle or jar, using an old knife or a spatula. This is a good way to use up a jar that is chipped. Press the china pieces in to a uniform depth, remembering that a final finish with tiling grout will fill the gaps later.

When the surface of the jar is covered, put the work aside to dry out. Any china bits that come loose can be glued back into place. Finish with tile grout smoothed between the china pieces, wiping off any grout that strays onto the china surfaces with a damp cloth. When the grout is dry, give the whole pot a coat or two of Estapol or varnish, with a satin finish if preferred.

If a black 'leadlight' look is desired, paint the lines of grout around the china pieces with a flat black acrylic paint and a fine brush, wiping any stray paint marks off the china surfaces



with a damp cloth as you go. After this is dry, the final coat of Estapol or varnish can be applied.

Glass pebbles can be glued onto an old transparent bottle, using a suitably strong glue that bonds glass to glass, such as Araldite or Supaglu. You could leave it at that, or 'lead glass' it with lines of polyfiller around the pebbles. When dry, paint the polyfiller with black acrylic paint and later finish with Estapol or varnish. Painting a clear film like this over glass pebbles gives the glass depth. Pebbled bottles and jars look at their best when set against the light, as on a window sill.

Glass pebbles make a lovely mosaic when glued onto a sheet of glass that is either set into a picture frame and hung in front of a window, or set directly into a window setting. Draw a basic design on the side of the glass that will face outside, using a felt tip pen. Turn the glass over and arrange the beach glass pebbles in a trial design before beginning to work with glue. Beach pebbles are more commonly green, white or amber, while blue glass is a rarer and lucky find. Transparent glass beads from jewellery look effective if used to make part of the design or to fill small spaces. Leave the finished work to dry out overnight, reglue any loose pieces, and complete with an all-over coat of Estapol or varnish. The felt tip pattern on the back can be wiped off with methylated spirits or cologne on a damp cloth. When the work is displayed the textured side should face into the room so you can stand back and enjoy the beautiful colours cast by the light shining through your beach glass ornament!



**Environmentally friendly products  
to weather proof and dust seal  
all earth structures.**

- Mud Brick Water Repellent WRC.
- Earth Bonding Emulsion.

**Tech-Dry** 16 Tichbourne Place  
South Melbourne Vic 3205 Tel (03) 699 8202



We have had such a high level of interest about Tasmania from so many of our readers, and such a generous response from people living there who were willing to share their knowledge and experiences, that we are presenting several more articles on the subject in this issue. I am sure you will share our feeling that even if we never have the urge to go and live there Tasmania is very definitely on our list of desirable holiday destinations.

## TWO YEARS IN TASMANIA

by Sian Landman-Leroux, Cygnet, Tas.



Tranquil pastoral view from our kitchen window onto our apple farmer's property next door.

'Please, please let's go and live where it's cool...anywhere..Tasmania!' This was my desperate cry in the middle of an asthma attack on a late summer's evening in Melbourne, 1989. The temperature was in the high thirties and a hot north wind was blowing. Usually during heatwave conditions my three year old son and I alternated between a cool bath and the air conditioned bedroom, but, on that particular day, we had had to go out for a couple of hours in the morning. Whilst shopping in the supermarket and then crawling home through dense traffic I felt as if we were being bombarded with vapours from soap powders and perfume, gasses from the hot car seats, plus exhaust from cars and delivery trucks, all made more volatile because of the heat. Shortly after reaching home my little son had an asthma attack which left him limp and deathly pale for the remainder of the day.

Our beautiful baby had been born and joyfully welcomed when I was 47 and my husband 61 years old. For the first few months we thought we would manage to adapt, but as he developed asthma and allergies, exhaustion and worry gradually took over until our lifestyle had altered almost 100 percent.

It had taken many months to make our home environment as 'friendly' as possible, starting with a water filter and weeks spent restructuring our diet. Home cleaners came next and our wardrobes had been restocked with clothing made from suitable natural fibres. Our bedding and mattresses were replaced followed by furnishings, garden and indoor plants. Even people

had been 'vetted' if they seemed to cause undue turbulence in the house or insisted on wearing perfume. We had done the best we could with the car and there was a long list of places we no longer visited for various reasons, including indoor smoking or long drives through traffic. Added to this were restrictions imposed by the heat. We had not even been able to attend my eldest son's wedding. Was it any wonder that we didn't have any friends left apart from my adult daughter and two sons?

The following morning, at breakfast, my husband calmly said, 'I think somewhere south of Hobart would be a safe bet.' The previous evening's mention of Tasmania had completely slipped my mind. Did he really mean it? Leave our little jewel of a house and garden in our chosen piece of forest? Could we afford to move? We had only recently become 'old age' pensioners and, although our home and possessions were fully paid for, our little nest egg for holidays and rainy days was being drastically depleted with our various emergencies on the health front. 'We're going to have a look in the middle of winter, to give us peace of mind, and we'll move there before the summer. Enough is enough!' he continued.

Where to begin? We didn't even know anyone who had been on holiday to Tasmania let alone lived there. I phoned the Tasmanian Tourist Bureau and was answered by the first of many friendly Tasmanian voices – each and every one seemed to really want to help and I gradually realized that, to them,

people were not bundled into millions but were still individuals. After booking our trip on the Abel Tasman ferry I mentioned that we were going on a 'recce' and hoped to settle in Tassie as soon as possible. He immediately asked me to contact the Tasmanian Development Authority, 134 Macquarie St, Hobart 7000, free call ph: 008-030-688, as they had a special package of information to send to prospective settlers. This was my second call and, on explaining that the main reason for wanting to move was to find a cleaner environment to help us cope with asthma, I was given the Tasmanian Asthma Foundation's telephone number which was on her desk for the many people who similarly enquired. Next call was to the Asthma Foundation and I was asked to phone back the next day as they would like to get detailed information about the south. This I was duly given with the friendly encouragement to contact them whenever I needed any help whatsoever. Another day's agonising wait for the information package followed during which time I told my family of our plan. They were horrified to think of us trying to cope alone and freezing during the winter, but relieved that we were off to see for ourselves first.

The great day arrived and we were able to sift through the contents of the information from the Tasmanian Development Authority, so thoughtfully compiled (and we have since found – so accurate) with all the facts and contact addresses that we ever needed (including job prospects, education, health services, etc.) and, joy of joys, property prices were approximately 40 percent lower than in Melbourne. If this were really true we would be able to pay for our holiday, future moving expenses and, seeing that we wanted to live in the country, possibly even buy a larger house. (It was true and we have!) Studying, investigating and digesting everything from the rainfall in an area to the schooling available kept my spirits up until late June when we set sail.

The choice of holiday accommodation in Tasmania is astounding and I had decided on Colonial and Country accommodation where we could have a complete cottage or unit to ourselves and not disturb others during the night with my little boy's crying. Our first stop was at Ross in the midlands in a lovingly restored cottage which was like stepping back into another era. We were welcomed by the owners and had our first taste of laughter and fun for a very long time. This was to prove the case with most of the other cottages we stayed in during that trip and on future holidays.

When planning our trip I had met someone who had recently cycled around Tasmania. After an hour's chat with us and a look around our home he urged us to look at Cygnet, convinced that it was exactly right for us. As we drove along the Huon River, with its wonderful reflections, to Cygnet, I found myself sitting up straighter as it was all so beautiful and, on arrival in the little town, my husband took one long look all around and said, 'This is it!'. The whole area did indeed have everything I had wanted and something more, an indefinable feeling that it was a place of healing. (Since then, many people have said the same thing.) One possible 'nasty' remained – in a fruit growing area there would be crop spraying, so after a few glorious days acquainting ourselves further with all that interested us, we returned to the north via a little place which had been recommended by the Asthma Foundation. It was stunningly beautiful, but too late – Cygnet had us hooked.

Our return to Melbourne and the consequent hassles of house selling and packing up passed with me feeling dazed and disconnected as if part of me was still in Tasmania. Finally, with the help of a most understanding estate agent, our much loved home was sold to a couple who were so 'right' that I was able to happily let it go, even without knowing what we would find for ourselves in Tasmania.



Our house 'Green Gables' when we bought it in 1989, a typical orchardist's house of the Huon Valley. The library found information for us on traditional building styles and colour schemes.

Our health had by now deteriorated further with all the stress associated with packing and moving, so that once on board the ferry we almost collapsed and had to hand over to my adult son who was travelling with us in case of just such an emergency. He was able to organise a transformer for the asthma pump and coffee and rolls for us – it really was that bad. However, we had finally ‘done it’ and started to revive as we ate an enormous English breakfast watching the coast of our new homeland drawing nearer. Once we had driven our car plus caravan off the ferry I simply had to jump out to put my feet on Tasmanian soil with the most tremendous feeling of relief and achievement.

Still having niggling doubts about the crop spraying in the Cygnet district (although I had done some homework on that subject) and having seen some very attractive properties advertised south of Huonville, we bypassed the turnoff to Cygnet, passing through beautiful countryside, but getting more agitated every moment – it was definitely the wrong direction. We spent the night in a caravan park and then headed to where we knew we belonged. Cygnet was just as we remembered it, only more so. We bought our dream house the following day.

The best decision I had made prior to moving had been to keep an *open mind* on everything from places and people to occupation and our future way of life. Just as well, as almost everything has turned out different from what I had envisaged and so much better than I ever imagined.

An enforced rest followed in wonderfully peaceful places whilst the solicitors organised the house transfer (in record time). Moving day which I had rather dreaded with the accompanying turbulence, noise, dust and disorder was a breeze, with the removal men sorting everything out with zest, laughter and enthusiasm. Then the settling down. My son almost immediately started to improve and on some days had pink cheeks – incredible. My husband happily dived into old clothes and wellington boots and started on various projects such as shelving and house painting – this lovely old house deserved traditional colours. He could even be heard humming now and again. I became more tired and ill as past pressures caught up and with the extras of trying to set up a new way of life, which does require effort. All this was exacerbated by the grass pollen season, but was to be expected and didn’t shake my belief that we had made the right move. Grief at having left my family, including grandson, on the mainland hit unexpectedly hard as I simply couldn’t imagine ever being fit enough to travel again and with their busy lives how often would I be able to see them?

The climate was a bit colder than we were used to but there seemed to be more sunshine and less grey ‘dankness’. After two winters here we have found that, even on the most wintery day, there seems to be an obligatory five minutes of sunshine in every hour. Yes, it is a lot of work organising woodpiles and constantly tending fires, but it is called *exercise* and comes just at that time of the year when one is inclined to sit around and acquire flab. Also, very good for my diabetic husband’s blood sugar level. Somehow, looking after a fire is on a par with baking bread – very basic and satisfying. On mornings with thick frost or mist we don’t even attempt to get to school and turn that day into a special day as if we have received a gift of unallocated time.

On arrival our next step after the house purchase had been to find a doctor. We found a group who worked in shifts so

that at any time of the day or night we could have help from someone we knew. I had had my fill of hospital waiting rooms with glaring lights and strange faces, not to mention braving the cold night air with distressed lungs or the alternative of waiting, perhaps for hours, for an unknown doctor to call at home. This understanding man outlined the various optional treatments we could consider to cover the next few years and left it to us to decide which would fit into our way of life. For this alone we would have moved to Cygnet.

A year passed during which time we both gradually reduced our levels of prescription medication. We had a setback now and again but suddenly we hit a patch where my son had asthma every night, sometimes several times, for three weeks. Much milder than in the past and without the accompanying panic (on both sides) but still unacceptable. It felt like a failure to increase drugs on a permanent basis so, for the first time, I sought help in the field of alternative medicine. I am grateful to have medication for emergencies and wouldn’t go anywhere without it but want as little as possible on a daily basis.

After all the vicissitudes of the last few years it had seemed too overwhelming a task to sift through all the natural healing modalities and decide where to begin, plus encounter more financial outlay. I ventured forth to a herbalist nearby who has a wide experience in homoeopathy, flower essences and much more. I had met her at a yoga class and her name was on our LETS list. (LETS stands for Local Energy Transfer System and is a community based swapsy system. There have been several articles in GR describing how it operates.) This proved to be *the major turning point in our lives* and, with her help and guidance both on a one-to-one basis and through various groups we have slowly gone from strength to strength. I also wanted to do a course in Reiki hands-on healing, but felt unable to leave my son and was alarmed at the thought of being in Melbourne for several days breathing in the smog. Recently, Barbara McGregor brought Reiki 1 to Hobart and Reiki 11 to Cygnet. My cup is full. The main reason for doing Reiki had been for my family’s sake, but in the process I have received the most incredible healing myself and am now experiencing an almost forgotten sensation – energy.

Our self-sufficiency is primarily in the health field, as I am an ex-nurse, and with what we have accomplished we feel we have in a small way lightened the load on the overburdened health services. We have planted fruit trees, vines and berries which do not need too much attention and also tree ferns for remembrance and roses for the soul. Vegetables are sometimes available through LETS and we are able to get farm milk and butter. Our free-range eggs come from a neighbour who I am sure chats to his chooks. A small bakery with bread packed full of goodness delivers bi-weekly to our health food shop and I bake different types myself. Many of the surrounding farms have little roadside stalls which supply us with fresh and inexpensive apples, pears, peaches, nectarines, raspberries, strawberries and potatoes. A trip to the blueberry farm is a scenic delight and homemade wines made from organically grown fruit and berries are available through LETS. There are even two large vineyards nearby which produce award winning wines. We were warned that tinned goods and petrol would be more expensive but with the bounty of fresh food available we use far fewer tins than before and distances travelled are generally shorter than on the mainland.

There are many grass roots type families here but I have been told that unemployment is high in this district. I have also heard of many delightful little towns in other parts of the country, particularly the north west, where prospects may be brighter. Do use the contacts from the Tasmanian Development Authority. For retired folk this must be paradise. The biggest risk when moving somewhere far away from your established network is loneliness. There are many groups here covering an amazingly wide range of interests and, whichever you join, you are welcomed as a valuable member as the population is so small. Of the many families we have met who have made the break I have only come across one where the husband couldn't settle as it was just too radical a change from his previous lifestyle. We are truly fortunate as we felt that the decision to move was made for us by circumstances beyond our control and we did not have to find employment.

For those who make the move I quote, 'Thou shalt not expect to find things as thou hast at home for thou has left home to find things different.' – Anon.

Remember that if we had been expected to stay in one place we would have been created with roots.



Steven and Bert collecting firewood.

## OUR TASMANIAN ACRES

by Libby Hodder, Dairy Plains, Tasmania.

We looked for a place of 5-10 acres in Victoria but found that anything within reasonable distance of work was far beyond our price range. We heard how low the prices were in Tasmania but could hardly believe it. Graeme came over for a 'flying' visit of one weekend and the decision was made to move. We found our 5½ acres, with a big house, old dairy, hay shed, creek with trout and playtypus, for less than half the price of a suburban house; plus we have the beautiful Western Tiers around us.

We were given our first sheep, a mostly Merino wether named Jackson. He thinks he is 98 percent human and is entitled to eat all my newly planted flowers and fruit trees. We then bought 20 coloured Corriedale type ewes to breed with and start our coloured wool stud. I learnt to spin and I'm constantly intrigued by the different colours and shades from our wool which makes beautiful unique jumpers.

We were given a Friesian calf that none of the farmers seemed to own (they must have had a sixth sense about her). As soon as she was old enough to explore she became the local Houdini getting into and out of fences all the time which meant more of a chewing for the fruit trees. We bought two Jersey calves who must have been taking lessons from 'Houdini', only they are worse because they think they are chooks!

We are well settled into country life but have to realize it takes longer than we anticipated to do all we had planned. The orchard and vegie garden are a fenced off part of the paddock which hadn't been turned over for more than 20 years. However we have plenty of compost from all the animals. The biggest disappointment for me was frost. We had frost all through summer, wiping out all the summer crops. I don't know how to get over that one yet. The farmers here used to (and still do) set fire to bales of hay strategically placed among the potato crops if the temperature went low enough for frost. The smoke stopped the frost from settling.

Our four children like living here, although the three older

ones miss their friends in Victoria. We all miss our family. The youngest, Samuel, is 3 now and has grown up with the animals and mountains. He has a healthy admiration for the animals, trees, mountains and other natural things around him. Ben, Jessica and Rohan have learned to help with the animals and have many opportunities to do things not found in the city.

If any of you are thinking of coming here, come and rent a place for six months to a year and look around the whole state as it is very diverse and you would need to look for somewhere to suit you. You would also be able to avoid places with water shortages, which is quite a large part of Tassie, despite its wet reputation and frost belts. Generally speaking the west coast is wet and rugged but beautiful; the north west is mostly farming but not so rugged; the area called the midlands can be very dry; the east coast has some lovely harbour towns and is the warmest; the south is quite cold but beautiful. Most of the middle of Tasmania is mountain wilderness.

We love our life in Tasmania and would never go back to suburbia. The people we have met have been very friendly and helpful. For anyone who likes mountains, wilderness and space this is the place to be.

**An organic alternative to coffee**

**Golden fields' ROASTED MALT**

**Made in clean pure New Zealand**

Known as "Malt Coffee" or as "Barley Tea", this is a caffeine-free drink which looks and tastes very much like real coffee but has no ill-effects. Produced in the South Island of New Zealand from organic barley, malted then carefully roasted, it can be prepared in the same way as tea or coffee, or used as a flavouring. Malted barley can have a beneficial effect upon the system leading to healthier nerves and more efficient mental activity. This drink is also for children, teenagers, pregnant and breastfeeding women.

**FREE SAMPLES**

from GOLDEN FIELDS  
Box 5095, Christchurch 5  
New Zealand

We have an efficient MAIL ORDER SERVICE to Australia.

Also available in some Health Shops. Distributed by SPIRAL FOODS, Box 114, Richmond, Vic. and HELIOS ENTERPRISES, 65 Derwent St. Glebe, NSW





# AUSTRALIA'S BEST KEPT SECRET

by Tanya, New Norfolk, Tasmania.

Tasmania is Australia's, if not the world's, best kept secret. I can drink from almost any creek in the state without worrying about pollution. Bushwalking, skiing, water sports are all within easy reach. The state is divided into a few different habitable areas:

**North West:** This extends from Cradle Mountain to the coast and has a few small cities/large towns – Devonport, Wynyard, Burnie. This area is growing fast. Fairly good weather with lots of rain, a fair bit of wind, and lots of rivers and creeks. The soil is wonderful, producing most of the state's, and a lot of the mainland's, vegies. Also the best dairying country in Australia. The north west is farm country, and probably the best part of the state for those wishing to become self-sufficient.

**East Coast:** A great place to retire, but difficult for self-sufficiency. The east coast has an uncannily moderate climate with beautiful ocean beaches, but is quite dry also. Beaut for a holiday.

**Hobart:** The area south of Hobart down the Huon and other areas is full of alternative lifestylers. The climate is good with abundant rain. There are plenty of orchards and crafts people. It's great for commuters who must work in Hobart, but the prices in the area are rising at a fairly rapid rate.

There are a couple of good spots where the rain is good and the prices are still cheap. The west side of the Tamar River to the north of Launceston – all this area is what I would call, 'Pretty, tame and rural,' but would be good for families considering a self-sufficient lifestyle but needing schools and shops nearby.

For those wanting to live in the wilderness – self-sufficiency on the edge of ruggedness (this is my personal choice) – land west of Launceston towards Golden Valley and Mole Creek is where you can get on your horse and ride for weeks without seeing anyone!

The reason I chose Tassie was because, as a single woman, it was the only place I could afford to live in the country whilst working in the city. I work in Hobart and have just purchased 25 acres about 25 minutes from Hobart, with magnificent views over the Derwent Valley from Black Hills (get out those maps). I have a natural spring and hope to build a small chalet type dwelling as soon as I work out how to go about it. Why didn't Dad teach me to build and put in septic tanks when I was young?

Life is short, and a balance (yin-yang) is needed for wholeness. Tassie helped me achieve this.

## THE LITTLE ISLAND

by Don, Evandale, Tasmania.

Tasmania is an island shaped like a shield, being 400 kilometres (250 miles) wide and about the same deep, with about 1/3 preserved as national parks and crown land. The north and south of the state are both of a similar climate, 23-24°C in summer down to 12°C winter (overnight dropping to 0 or -2°). The summers are mild and pleasant from as early as November and going through to April. Our wet season is usually late July, August and September with July and August the colder months.

Land types vary considerably (sandy soils through to volcanic reds) and grow most types of vegies and world acclaimed grapes for wines. Within one hour's drive of both Hobart and Launceston are beautiful ocean beaches, some you can walk on for miles without seeing a soul. Also within reach are rainforest reserves and in winter the ski fields.

The east coast of the state is climatically milder thus considered the retirement and holiday coast reflected by significantly higher land prices. Also soil types are not as fertile, mainly being coastal sandy loams.

The north west is heavily developed along the coastline, but inland there are many lovely areas with good soils well suited to vegies, fat cattle and dairying.

The most aesthetically pleasing areas I feel are the inland north west coastal belt, the central north around Deloraine, the Tamar Valley and in the north east around Ringarooma. In the south there is beauty around the Tasman Peninsula, on Bruny Island and below Hobart in the Huon Valley.

Tasmania is lucky to have many of its early 1800's buildings well preserved giving character with history, and better still, having many small freehold titles giving an opportunity to

acquire that dream block. \$30,000 to \$50,000 will buy a good 20 to 50 acre block – no dwelling though! The freshwater fishing is great and saltwater shellfish are abundant for the skin divers. With our air so clean, what more can one ask for?

### KICK A GERM JOY JUICE – FLU REMEDY

- 4 whole knobs (or bulbs) garlic
- 6-8 cm ginger root
- 4 whole lemons

Peel garlic and lemon. Chop garlic, ginger and lemons into small pieces. Place in 2½ lt of water. Boil for 30 minutes. Drink 1 normal glassful 4 times per day after heating. As a preventative drink 1 or 2 glasses at night. Take with extra vitamin C 4 times a day when sick.

### AUSTRALASIAN TRAINING CLINIC OF TRADITIONAL HOMOEOPATHY

Distance study courses in Classical Homoeopathy, based on On Campus courses accredited by the Australian Federation of Homoeopaths, to Certificate and Diploma levels. Practitioners course includes clinical experience.

Applications also accepted from New Zealand.  
For details and application forms write to

ADMINISTRATOR, ATCOTH,  
404 Gt EASTERN HWY, MIDLAND, WA 6056

# NATURALLY NICE

## Beauty Teas

by Cheryl Beasley, Karalee, Qld.

Infusions or 'teas' can be made from a wide variety of herbs and flowers. The process involves collecting one cup of herb/flower and bruising or chopping it and then placing it in a non-metallic bowl. Metal tends to taint infusions so avoid using it. One litre of boiling water is then poured onto the herbs and this is left to steep for approximately four hours, or for a strong brew, overnight.

The mixture is then strained through muslin or a suitable cloth and the liquid is your infusion. This liquid contains the goodness from the herbs and it is a very useful substance. Hair rinses, foot baths, mouthwashes and even eye baths can all be made this way with particular herbs. The infusions should be kept in the refrigerator. Their useful properties deteriorate after about four days so the product should then be discarded and a new, fresh batch made. Infusions can also be made using dried herbs/flowers, however because they are stronger only half a cup of the herb is needed and they should be crushed before adding the boiling water.

### USING INFUSIONS

#### Rinsing Clothes

Fragrant infusions can be used in the final rinsing cycle of your washing machine. A delicate fragrance such as jasmine or rosemary can freshen your sheets and clothing considerably. Delicate clothing can also be soaked in a basin of cool water to which half a cup of fragrant infusion has been added and then wrung out to dry.

#### Rinsing Hair

Using infusions in the final rinsing water after washing the hair can help an array of scalp problems and leave the hair feeling fresh and thoroughly clean. Final rinsing removes any leftover grime and soap and it is an important part of keeping the hair and scalp problem free. Place a cupful of infusion into a basin of cold water and pour the rinse through the hair several times.

- Thyme helps clear dandruff and an itchy scalp.
- Chamomile cleanses the hair and scalp.
- Sage infusion stimulates hair growth.
- Parsley aids in clearing dandruff.
- Rosemary helps an itchy scalp and conditions the hair beautifully.
- Nasturtium stimulates hair growth.
- Oregano also stimulates growth and prevents dandruff from re-occurring.

#### Skin Toner

Infusions make instant and fresh toners for all skin types. Keep the toner in the fridge and use within four days. To use moisten a cotton ball in the cool infusion and rub it gently over the face and neck, leave to dry on the skin.

**Oily skin:** yarrow, eucalyptus, sage, thyme, chervil, parsley.

**Dry skin:** rose, elderflower, chamomile, fennel, geranium.

**All skin types:** rosemary, rose, marigold, elderflower.

#### Eye Bath

Eye baths or washes can soothe, cleanse and clear sore, red eyes. Use an eye wash daily for maximum benefits to tired and

irritated eyes and always strain your infusion three times through doubled muslin cloth before using. When making infusions for eye washes only use purified water as tap water will only irritate the condition. A weak infusion is required.

- Chamomile will soothe tired eyes.
- Eyebright is a fantastic herb for the eyes and it will clear red eyes and ease any inflammation.
- Fennel is a cleansing eyewash.
- Yarrow will soothe sore eyes and cleanse them.

#### Herbal Teas

Drinking the infusions of course benefit you from the inside, out. Skin can be cleared and soothed, internal organs cleansed and hair brought back to lustre. Herbal teas have been used for years to clear muddy skin, heal blemishes, strengthen vessels and clean out a clogged system. Whatever problem you have there is sure to be a herb tea to help! Use one teaspoon of herb to one cup of boiling water. Adjust the amount to suit your taste.

**For clear skin:** alfalfa, basil, angelica.

**To help digestion:** chamomile, peppermint.

**Pimples:** bergamot, parsley.

**Dry skin:** peppermint, rosemary.

**Oily skin:** lemon, yarrow, parsley, marigold.

#### Mouthwash

Mouthwashes and gargles can heal sore gums, soothe sore throats and freshen the breath. Infusions can be made fresh for mouthwashes and gargles but for soreness in the mouth add a few drops of tincture of myrrh to the infusion before using.

**To freshen the breath:** peppermint, spearmint, parsley and rosemary.

**To soothe sore gums:** eucalyptus, cloves and sage.

**Gargles that soothe sore throats:** garlic, sage and thyme.

Infusions lend themselves to all kinds of interesting beauty ideas. Selecting the herbs that suit your skin type and using them to your full advantage will result in excellent skin and hair condition. As with all natural beauty products it takes time before you see results, don't let this put you off trying these infusions as commercial preparations can also take time.

Pure infusions can be added to your bath water for a scented, soothing or stimulating bath. An all over body tone is great for your skin. Aching feet can be soothed with a foot bath containing rosemary and lavender. Thyme, peppermint and yarrow will also benefit the feet. Place your feet into the warmed infusion and add a handful of Epsom salts to the water.

Face masks can be made into pastes using a suitable infusion or for a healthy head of hair beat an egg yolk and add to this two tablespoons of thyme, chamomile, nasturtium, rosemary or parsley infusion. Leave the egg mixture on your hair and scalp for five minutes then rinse off with cold water.

Infusions can also be added to your hand creams, face creams, conditioners, treatments and scrubs for continuous beauty. Experiment with them.



# RAINBOW ARCHIVES

## *An Alternative Time Capsule*

by Stephen Legge, Lismore, NSW.

The Rainbow Archives was established several years ago as part of the Mitchell Library in Sydney as a result of the efforts of Pip Wilson. Pip believed that it was vital that the growth and development of the 'Alternative movement' in Australia be documented and preserved, not only for historical purposes but also for researchers today. The Mitchell Library is part of the State Library of New South Wales concerned with Australian history and Australiana, it is therefore appropriate that such an important part of recent Australiana be preserved there.

The 'Alternative movement' is a very broad term and it's applicability to many groups or facets of Australian society can be debatable. At the Rainbow Archives it is used, advisedly, to describe a multitude of subcultural movements over several decades, from the early 1960's through to the present, it includes: peace, conservation, rural resettlement, new age, beat, hippie, occult. Individual groups such as these tend to overlap quite considerably and, although such an all-inclusive grouping may tend to cause consternation amongst members of some groups, there are ways in which, at least up until now, there has been a movement self-awareness as 'alternative'.

The work of the Rainbow Archives is to collect and preserve the material before it becomes lost or damaged. My role is to act as a local agent and collection point for material for forwarding on to the Rainbow Archives at the Mitchell Library in Sydney, and also to establish a Rainbow Archives collection here, in the Rainbow Region of northern New South Wales.

Yet this material is not only for the future: many enquiries are received now for information on the 'Alternative movement', on the Aquarius Festival at Nimbin and so on. I have dealt with enquiries from libraries as far afield as Newcastle and South Australia who have had people asking for information; and from many individuals who seek to learn more, and understand the development of the 'Alternative movement' in Australia. The Rainbow Archives is of use to a host of researchers in different fields, such as owner builders, sociologists, art historians, musicologists, and so on.

Material already held by the Rainbow Archives in Sydney includes the records of Pirron Co-Operative (a Victorian rural co-operative); papers re NORML; papers re the Greens 1987 Federal election campaign, papers re Children of God, New Age Universal Christianity, Sunbud, and other religious cults: periodicals including *Grass Roots*, *Earth Garden*, *Nimbin News*, *Tuntable News*, *The Gumboot Gazette*; papers donated by Benny Zable, including a large number of posters depicting his artwork.

I ask all individuals and groups to consider the value of preserving material that documents the growth and achievements of the 'Alternative movement'. If you have material, or know of material, that you think may be of interest to the Rainbow Archives please let us know and let the owner of the material know about the Archives. Send in whatever you can: you can send by mail or rail to Sydney and the Archives will pay the freight bill. Or, if you live in northern New South Wales – southern Queensland, you can drop off or forward the material

to me in Lismore, either for forwarding on to Sydney or to become part of the Rainbow Region's Rainbow Archives. What sort of material, you ask? Anything and everything that relates to the 'Alternative movement': books, magazines, posters, original documents, diaries, artwork, audio tapes, photographs, film and video tapes, etc. We ask you to make a personal effort now to help preserve these evidences of Alternative Australia.

Members of the Rainbow Archives can be contacted as follows:  
Pip Wilson, Alternative Resources Circle (ARC), PO Box 390, Avalon 2107. Ph: 02-918-9256 (AH).

Mitchell Library, State Library of NSW, Macquarie St, Sydney 2000. Ph: 02-230-1429. Fax: 02-232-4816.

Stephen Legge, Regional Reference & Information Librarian, Richmond-Tweed Regional Library, 13 Rous Rd, (PO Box 4031), Goonellabah 2480. Ph: 066-251-415. Fax: 066-251-479.

A free newsletter is also sent to friends of the Rainbow Archives and Pip is only too happy to be able to add new names to the RAIN list. If you would like to receive this newsletter, please contact Pip Wilson at the address above. We look forward to hearing from you, best wishes and happy collecting!

### STORING WOOL

Use old pillow cases to store fleece and wool in, as plastic bags will harden the fibres. Calico bags are also good for this purpose, as they deter moths. To restore the oil in stored wool to make it easier to spin, leave it in the sunshine for a few hours.

Reprinted from *Hogs Tales*, Winter 83, Newsletter of the Hunter Organic Growers Society, PO Box 403, Cessnock 2325.

## **SOUND READING**

### ***Books Worth Listening To***

Choose a book on tape (read by well-known and famous voices) to occupy and entertain you while travelling, exercising, working, relaxing – or doing humdrum tasks. Use the time available when your body is occupied but your mind is not.

*Send for our FREE CATALOGUE of selected Australian, American and United Kingdom books on tape by writing to:*

**Reply Paid No 104 (no stamp required)**  
**Sound Reading**  
**PO Box 109**  
**LANE COVE 2066.**

# THE ORGANIC CHOICE IN SEEDS

by Michel Fanton, Byron Bay, NSW.

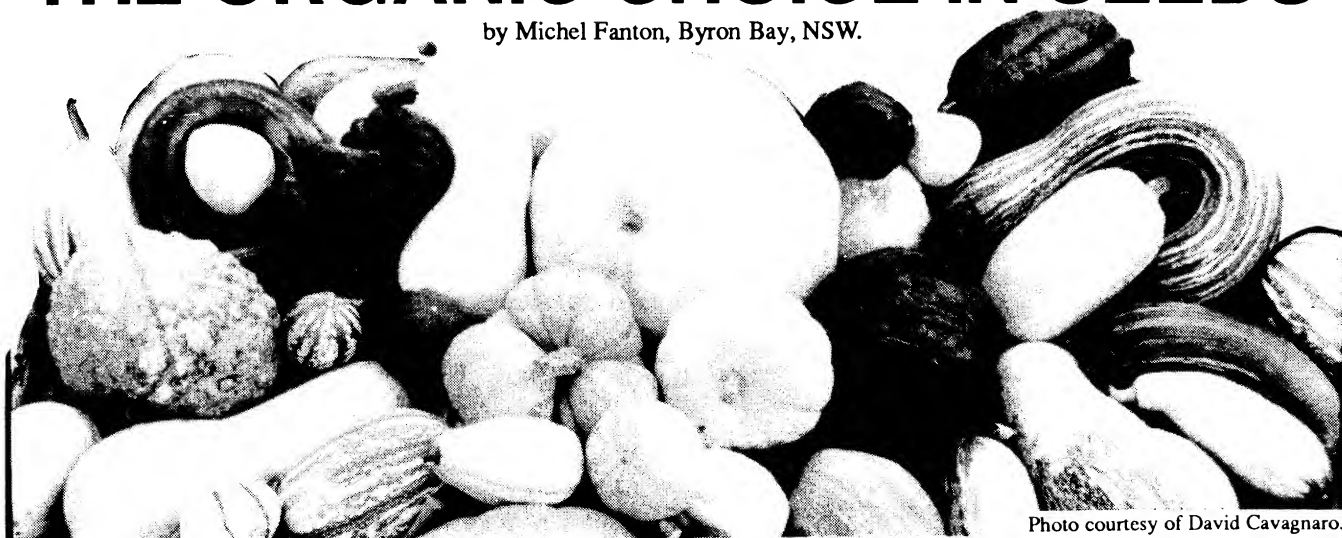


Photo courtesy of David Cavagnaro.

We hear a lot about empowerment. Each time we do not take responsibility for someone or for something, we leave the door open for some kind of institution to fill the gap. Just ask your friends or family who they trust most for money lending, banks or friends? Do you get your garden seeds from a multinational corporation or from a friend over the garden fence? I feel that I compromise my principles when I watch commercial television channels. One area that does not have to be compromised and that I am interested in is the home garden and orchard. Large scale farmers may have to use pesticides, irrigation systems, the latest harvesters, bank loans and patented seeds. Our gardens and the kitchen can remain sacred!

## BIRTH OF A MOVEMENT

The Seed Savers' Trust concentrates on the seeds which are also our genetic resources. Seed Savers is the kind of grass roots organisation which has taken the bull by the horns and reacted positively to plant patenting in Australia. Back in 1986 many people were complaining that our best garden varieties were being replaced with modern improved patented strains. Seed Savers was born out of a popular urge to do something about the disappearance of open pollinated varieties. Jude and I personally felt it was not enough to save seeds actively in our garden and felt compelled to share the solution with others.

Yates, Hortico, Pacific Seeds, Hendersons, Rite-Gro were taken over in Australia in 1985 along with over twenty other seed concerns. A \$50 billion world seed trade is dominated by such corporations as Pioneer Hi-Bred, Shell, ICI, Ciba Geigy and Volvo. They have such programmes as breeding chemically pelleted monogerm sugar beets for contracted farmers. Thirty crops including cotton, corn, wheat, rice, potatoes, tomatoes and sunflowers are been modified at the moment to withstand lethal or damaging doses of herbicides. Bio-technology is an area of rapid growth!

Some of you may remember a short note that was written to Megg and published in 1985 in the letters section. I was asking for anyone who had some kind of old-fashioned seeds that they had been saving for a number of years to get in touch with us so that we could swap seeds and form a seed library and maybe preserve the best ones for generations to come. How idealistic!

I remember Megg Miller's answering letter saying that we had started a difficult and long task and that we had better be ready to put some hard yakka into it. How right and long-sighted she was! We now swim in letters and this article will no doubt yield its weight of correspondence (SAE please!).

Back in 1986, in order to respond to 120 enquiries, we had to put together and print the first Seed Savers newsletter. A very memorable event! Because we could not pay for regular printing, a soft hearted printer, Charlie Scandrett, offered an old dusty printing press, plate makers and an unemployed ex-printer, Tony, to do the job (photocopying was too much for our budget). Charlie also donated some of the paper. And the job was really well done looking back at the original issue! It felt good to gear up into action. It felt good to know that seeds were close to the hearts of more people than we had guessed. You gave us a terrific boost of energy by responding.

## Seed Merry-Go-Round

Many gardeners wrote to us, some sending seeds that had been in their family for generations while others were wanting some seeds 'which are not hybrids'. There is nothing more legitimate and simple than that! Pat McPaul at the time sent the brown tipped romaine lettuce. A sample of the seeds was passed on to Pat when he was in his mid-forties by an American soldier on R & R in north Queensland. That happened in 1945. Pat took the overseas gardener's friendly gesture seriously and kept saving the seeds. Before he died of old age a few years ago at 93, Pat sent the seeds to Seed Savers. We passed on the seeds to hundreds of members and gardeners who wrote. Many of them have followed the simple seed saving technique, harvested more seeds than they ever could grow and passed them on to their friends and family. Some *Grass Roots* readers sent back bulk seeds to us, so we could keep the goodwill rolling. Our sincere thanks to you again! This particular strain is the most heat resistant, latest to bolt lettuce amongst the forty romaine, butter crunch, and loose leaf lettuces that are in our collection. Barbara Geno a member from Kyogle, NSW recently won first prize at the show against thirty other lettuces. The outer leaves are bronze-brown, the inside leaves are green. They can be tied up so that the inner leaves blanch. It is a great summer lettuce on everyone's standard and it thrives as far south as Victoria,



according to several reports. It is so good that I would like many readers to grow it and save the seeds if they also find it good. Send us an envelope with your address and a stamp on it and we will send you a packet of seeds.

Six years down the track, we have more than a thousand non-hybrid vegetable varieties in the seed library being maintained in our subscribers' gardens. That is the only suitable environment for saving seeds. The quality of seed varieties saved by simple gardeners is more impressive than the sheer number we are receiving! All those seeds have been saved by ordinary Australians with a multitude of ethnic backgrounds, not necessarily 'aware, green-minded, non-sexist persons'. We knew that there was a wealth of diversity out there in Australia's gardens but we never thought that there would be so much. And it seems that we have only scratched the surface. Send us the 'beauties' that may have been passed on to you with the reasons why you know they are so good in your garden.

### A DIFFUSE SEED BANK

Dr David Murray, a seed physiologist, author, and editor of *Seed Physiology* wrote this about Seed Savers comparing our home grown system with frozen seed banks and the proposed international seed bank in Arctic permafrost:

'A diffuse gene bank with many custodians is more likely to survive the occasional mishap than a concentrated frozen bank, storing seeds the lazy way. Where does that leave The Seed Savers' Network and groups like this in other parts of the world? As guardians of genetic diversity, way up in front. Of course it takes more time and trouble to grow plants to maturity every few years, then harvest and store fresh seed (at room temperature). But with more and more people prepared to make the effort, preservation of distinct cultivars is more certain.'

By now you may have realized that we are not a group of collectors hoarding plants because we want more and more all the time (have you heard of that disease?) but a down-to-earth permaculture project that Bill Mollison supported from the early days. He is in fact our first foundation member.

We are not collecting garden varieties in Australia just to make a museum, but to find useful garden plants that are suitable for home gardeners and make them more widely available. Many of the seeds that Seed Savers' caretakers are maintaining can be traced to the days when synthesized pesticides were not even invented. We have been given watermelon, corn, and pumpkin seed varieties which arrived in Australia in the mid 1800's and were saved each year ever since. This planting material is ideal for the organic grower. These seeds have been selected from the survivors of pest attacks over the years. Selection of the fittest results in varieties that are naturally resistant to prevalent pests and diseases. Selection is what older gardeners are really expert at. The seeds are the gift that we are inheriting today. That is what Seed Savers is aiming to preserve.

### THE GLOBAL SITUATION

For 10,000 years, our farmers and peasant ancestors produced their own seeds, on their own land, selecting the best, storing them, and replanting them, thereby letting nature take its course in the renewal and enrichment of life. Those seeds represent an unbroken chain in their multitude of variations. Each bioregion has its own varieties called landraces, or folk seeds. They are the back-to-the-source seeds that are needed for our

agri(or agro?) business, to keep up with fast breeding diseases and put food on the supermarket shelf. There's a good chance that your soya milk and Paul Newperson's favourite tomato paste have been bioengineered.

### Folk Seeds

The International Bureau for Plant Genetic Resources of FAO in Rome is collecting from areas where plants were domesticated in Neolithic times. These areas are called Primary and Secondary Centres of Diversity and we owe their mapping to the famous Russian plant explorer Vavilov. In his travels around the world, he discovered areas where wheat, cabbage etc had a wide range of variation and he worked out that this was their area of domestication. Early varieties of Emmer wheat can still be found in the wheat fields of Afghanistan and the Black Sea and also in some special villages in Greece, Turkey, Ethiopia, because wheat, like other crops, migrated with people. Broad beans are still collected in Cyprus, peas in Poland and chickens in Indonesia.

The seeds collected and the genes they contain are essential to sustain agribusiness. They are treated as a common resource, free of charge, courtesy of the underfed of this world, to the overweight. The starving Ethiopians and Sudanese give us sorghum, wheat and coffee genes, Mexican maize lends genes so that our pigs make more bacon, the campesino Brazilians give us the genes of their old varieties of peanuts, to fill up Kraft smooth or crunchy peanut butter jars. That's enough to put me off my food or at least to make me want to grow the food I eat. A single apparently useless strain of wheat from Turkey was the source of disease resistance bringing an annual benefit of US \$50 million a year to the industry at 1982 monetary levels. A yellow, dwarf, virus resistant gene from a single Ethiopian barley plant protects the Californian barley crop to the tune of US \$160 million a year.

Travelling scientists find a wealth of diversity resulting from thousand of years of agriculture. A sorghum found in Ethiopia by English scientists and tested years later in their lab at home was found to be loaded with lysine (that amino-acid important to vegetarians). When they asked for more samples they found that the Ethiopian villagers call that strain 'milk in the mouth'.

Next time I will discuss the 'Green Revolution' and genetic resources. If you would like to join Seed Savers send \$20 to the address below; if you would like to know more about the network send an SAE to Box 975, Byron Bay 2481. Ph: 066-856-624.

## CEDAR CABINS

KITS FROM  
**\$6,200**



**Weekenders, studios, rental  
accommodation. Several designs.  
Quality materials.**

SAMUR PTY LTD Tel. (02) 959 4817  
P.O. Box 470, Cammeray 2062

# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

I need help on how to stop my Silky Terrier smelling so doggy. We bath him and within two to three days he smells to the point that it's unbearable. We have used a number of different shampoos on him, the latest being a tea tree dog shampoo and nothing seems to make any difference. Can anyone help me with this problem? I hate having to make him stay outside.

**D Dawson  
Tin Can Bay 4580.**

*Your dog is suffering from an incorrect diet. I suggest you put him onto a diet made up as follows:*

*For carbohydrates (bulk): Farrell's Kibble, it comes in a largish bag, but perhaps you can put it in a drum, it keeps if it is dry, or cooked brown rice, or good quality wholemeal bread, the heavy sort from a health shop. Add to this any vegetables that you eat, a little grated raw carrot and a little garlic as well if he'll eat it.*

*No meat for the present at all, when he is perfectly alright again he could have a tablespoon of organ meat once or twice a week - no more. He's a small dog and does not need meat in a hot climate. (My small dogs get meat once a year when I kill an unwanted baby goat!) No more than 25 ml of raw milk (goat's if you can get it) occasionally. The dry feed (Kibble etc) can be left out to help himself as he likes. Only give him a small feed of the vegies etc ONCE a day. If he does not eat it at first, let him get hungry - he will eat when he does. NO sugar, sweet things or any other variety of fancy dog or cat food at all.*

*Add to this feed:*

*1 tsp of cod-liver oil twice a week*

*1/2 tsp dolomite powder (obtainable from the health shop) 3 days a week*

*1 crushed kelp tablet, 250 mg, once a week, or 1 with less in it twice a week*

*A pinch of yellow sulphur in his feed 3 times a week*

*Put half a teaspoon of vinegar, cider if you can get it, in his drinking water, when you fill the bowl (not a metal bowl). For the first two weeks give him half a teaspoon of sodium ascorbate (powdered vitamin C) obtainable from a health shop or chemist, in his food daily. He should come good in about ten days but probably sooner, once his system starts to work properly.*

Just when I thought I had everything under control - well the chooks are laying, the geese are sitting, and the garden's growing - up pops a clucky hen, and the dog's on heat.

I don't know which eggs are fertile to stick under Mrs Clucky, and I don't know if I got the lock-up kennel built in time for the dog. What a carpenter! How am I going to cope with 22 goslings, 10 chickens and 6 pups. How do you tell fertile eggs? With a torch or something? And could I please have some delicate information on how to tell if she's done it.

**Wilma Flintstone  
Boggabilla 2409.**

*I do not know if there is modern method of testing eggs but you will have to let them get about a week or more old, even take them out from under the hen after a few days and have piece of thick card with a hole in it the shape of an egg but slightly smaller. Hold the card with the egg to be tested in the oval hole, we used to do it in front of a candle but any good lamp will do. If it is fertile you will see the little embryo against the light, this method never failed us.*

*As for the bitch, only time will tell unless you want to have a rather expensive pregnancy test done. Her teats will start to change before she assumes that quite unmistakable rotund appearance which heralds puppies. They take 63 days and often the bitch does not start to increase much until the 40th day.*

*If you manage things right, the bitch will look after her own pups, the goose will do the same for her goslings and the chook ditto. Feed the bitch as suggested in the answer to D Dawson's letter and she will be a really healthy mum.*

I wondered if you might have a cure for, or prevention of, blackleg disease in turkeys. I raise about 30 to 40 per year and this year especially have lost far too many at about two and half months of age. Their droppings get runny with yellow streaks, they then get wonky on their feet and die within 24 to 36 hours. I have tried sulphamez in their drinking water plus an injection of sulphamez in the thigh. I have also injected them with .04 ml of 5 in 1 vaccination.

**Bernadette Gray  
Boisdale 3860.**

*The problem your turkeys are encountering sounds like blackhead, a disease caused by a hard shelled protozoa that affects the liver and the small intestine. One of the classic signs of this disease is sulphur yellow droppings. Birds with blackhead become depressed and are disinclined to eat or drink, many in fact dying from dehydration rather than the disease. The conventional treatment for this disease is use of the drug dimetridazole, either at preventative or treatment dose rates. Natural treatment includes, giving sick birds (adult) three garlic, three slippery elm and one yoghurt tablet twice daily. A low dosage cod-liver oil capsule should be given at the beginning of the treatment. Benefit can be derived from including a yeast tablet once daily with the other pills. To medicate birds squat down on the ground and place turkey between your legs. Turn the head back over its shoulder and prise open the beak, it is easier to open this way. Dip tablets in a little water and poke down the birds neck. Give a little water on a spoon (or the conventionally medicated water) to ensure birds are not dehydrating. Crushed garlic put in the drinking water once or twice weekly helps prevent outbreaks. An article on treating blackhead and other turkey diseases was included in GR 46.*

Does anybody know of a natural prevention for heart worm? I hate giving my dogs the drugs.

**Jennie & Peter Rigby**

## HOMOEOPATHY

A totally new concept in learning by correspondence has been prepared by well known practitioner and author Isaac Golden, Principal of the Melbourne College of Homoeopathy.

The course is based on the M.C.H. course for professional Homoeopaths. Practical 'hands on' as well philosophical aspects of homoeopathy are fully covered in the course.

For full details, write to:

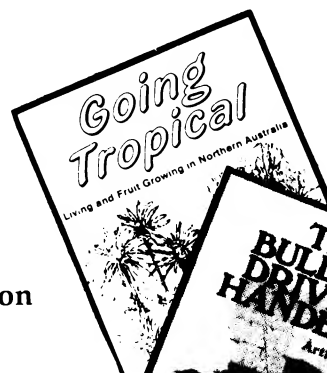
**AUSTRALIAN COLLEGE OF ALTERNATIVE MEDICINE  
PO Box 625, Box Hill 3218.**

# GREAT READING FROM NIGHT OWL

## Going Tropical — Living and Fruit Growing in Northern Australia

*Ron Edwards*

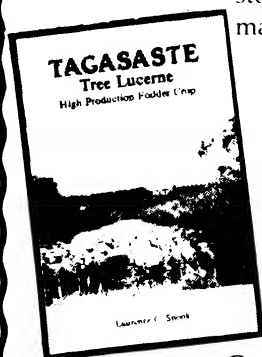
Chapters include living in the tropics, dealing with local government, choosing land and implements for a small holding, gardening and growing instructions for over 120 tropical fruits.



## Tagasaste Tree Lucerne — High Production Fodder Crop

*Dr. L.C. Snook*

Tagasaste, commonly referred to as tree lucerne, produces high protein fodder, grows quickly and is relished by stock. Dr Snook explains how to grow Tagasaste for maximum yield. An ideal crop for any farmer.



## The Bullock Driver's Handbook

*Arthur Cannon*

This book contains a how-to-do-it guide, with details of making the tackle, training bullocks and making your own cart. This unique piece of Australian history makes for fascinating reading.

## Community Markets — A Practical Guide

*John van Tinteren*

A fascinating description of how to live off the earnings from a market stall. John has wide experience in starting and managing a market, and offers practical advice to those wanting to make a living like this.



## Starting a Nursery or Herb Farm

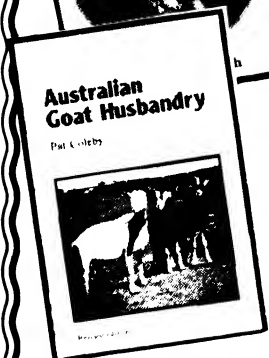
*John Mason*

If you have ever thought of earning some extra money from your gardening interest then you will love this book. It describes how to start a plant business, discusses management, propagation, herb production and herbal products.



## The Householders' Compendium

Consult this book for new ideas on family meals, what to do with seasonal gluts of fruit, how to make insect repellent, cure warts and more. A valuable source of information on being self-sufficient in a pre-packaged world.



## Australian Goat Husbandry

This is still the most popular Australian goat book available. It emphasises improved management and the prevention and handling of health problems.

**Consult order form opposite for price and postage.**

# GUIDE TO MAIL ORDERING

## Post and Packing

The prices quoted for books on our order form *do not* include post and packing, which are an additional cost. To calculate post and packing find the weight of the book/s (this is printed alongside the title on the order form e.g. Going Tropical 300g. Add the weights of all books ordered and then look up the list below for the appropriate cost. Write this in the space marked post and packing, and add to price of book/s to work out the total cost of your order. Allow 3 weeks for delivery.

Up to 125 g.	.....	\$1.00
125-250 g.	.....	\$2.00
250-500 g.	.....	\$3.00
500g-2kg	.....	
VIC/NSW	.....	\$6.00
SA/TAS	.....	\$7.00
QLD/WA/NT	.....	\$9.00

Note that two books with a combined weight of over 500 g carry the same post and packing costs as do several books provided they do not exceed 2 kg. The easiest way to keep these costs to a minimum is to order a number of books at once.

## SUBSCRIPTIONS

Australia	\$23.50 for 6 issues = 1 year
New Zealand	A\$30.50
Other Countries	A\$31.50
(International money order only)	

COMMENCE SUB WITH GR NO.....

*Books can be ordered by writing clearly on a separate sheet of paper if you don't want to deface your GR magazine.*

## SUBSCRIPTION/ORDER FORM

Grass Roots: PO Box 242 Euroa 3666, AUSTRALIA

The Fireside Reader (320 g).	.....	\$6.95	\$.	.....
The Family Book (300 g).	.....	\$5.95	\$.	.....
Binders (430 g).	.....	\$9.00	\$.	.....
Grass Roots Stickers.	.....	\$1.00	\$.	.....
Australian Goat Husbandry (200 g).	.....	\$8.95	\$.	.....
Starting a Nursery or Herb Farm (170 g).	.....	\$8.95	\$.	.....
Making Unemployment Work (400 g).	.....	\$8.95	\$.	.....
The Bullock Driver's Handbook (300 g).	.....	\$14.95	\$.	.....
Communicating With Nature (170 g).	.....	\$8.95	\$.	.....
Winning Over Worry (200 g).	.....	\$8.95	\$.	.....
Secrets of Success (300 g).	.....	\$14.95	\$.	.....
Tagasaste (revised edition) (180 g).	.....	\$9.95	\$.	.....
Community Markets (225 g).	.....	\$12.95	\$.	.....
Going Tropical (300 g).	.....	\$14.95	\$.	.....
Country Scents (200 g).	.....	\$9.95	\$.	.....
Living Better for Less (200 g).	.....	\$7.95	\$.	.....
Farming Naturally and Organic Animal Care (200 g).	.....	\$14.95	\$.	.....
Natural Horse Care (200 g).	.....	\$11.95	\$.	.....

Please allow 3 weeks for your order.

Cover price of books. ....

Post and packing (see above). ....

TOTAL \$. ....

Subscription \$23.50 .....

Back Issues ..... x \$3.50 each = .....

Nos. ....

TOTAL COST \$. ....

Name. ....

Address. ....

Postcode. ....

(BLOCK LETTERS PLEASE)

(Office: Dargalong Rd, WAHRING)



# UNDER THE MANGO TREE

by Vanda Coyne, Ayr, Old.

With everybody in last issue moving to Tassie, I've just got to spring to the defence of Queensland! Right now it's hard, I admit. The heat and daylight saving are the major topics of conversation still, even though daylight saving was buried by a landslide vote of 57 percent against. It's 7.30 am on a typical sweltering summer morning, the last day in February. Wearing shorts and T-shirt, I still need to wipe perspiration before it drips on the typewriter. At least my bushy eyebrows are practical! I had a shower at 2 am, something I have done often this year because I can't sleep despite the fans, another this morning, another before I leave the house, one when I get home probably, and certainly one before bed.

Clothes are changed several times a day in humidity over the nineties. A friend who cleans houses brings spare clothing which she wrings out under the shower before putting on to start work. Since January we have had day after day in high thirties or even forties with corresponding humidity. This is an extreme summer admittedly, but not necessarily the last to be like this. In western Queensland daylight doesn't start until nearly seven, year round. Night falls almost with a thump about 9 pm and it's still about 38 degrees. Work still has to be done but we've lost that precious cooler hour of early morning, coming home practically mid-afternoon, feeling like dishrags. Then to be told we must shore up business and the tourist industry by 'enjoying' our meals and our gardening in the 'cool of the afternoon!'

For many smaller towns in this huge state, a morning walk, the news on radio, TV are the small daily pleasures in a hard working existence. Despite technology, computers, faxes, car phones etc, the country is in a mess, with more of the same being proposed as the solution to the problem. Not all our children can become employed simply because of a higher education, as we have all been led to believe in the last ten years. It will take hard work and practical thinking to turn this country around. A respect for others' needs and lifestyles, for nature and the environment must come before the perpetual cry we are hearing now - 'Money! Oh more money!'

Three resounding cheers for those gritty people in Gympie and Maryborough, grinning as they wave the hose or a broom at the TV cameras. 'We're used to it. Everyone pitches in to clean up. We live here, mate, we're not moving.' That's about it isn't it? We love Queensland and its people, its balmy winters and outdoor lifestyle. So there's the occasional flood or cyclone or torrential wet season. Life's for getting on with.

So - I'm off my soap-box now. The last few years I have been photographing and learning about fruit trees, whether citrus or the newer, so-called, rare fruits. Outside Stanthorpe, Toowoomba or possibly the Atherton Tableland areas only the occasional seedling peach is ever seen and always of poor quality. Years ago the so-called 'tropical apple' caused a sensation for a while, until the fruit proved worthless. Now we have on offer strains of tropical peach, pear, nectarine and plum, which are self-fertile and appear to thrive even in our summer heat. I've photographed a local pear tree of 1.5 metres which was planted in the middle of last year. It has six very large and luscious looking pears now ready to pick. This may be old hat

if you live in the southern states, but is a source of great delight to myself and those who planted it as none of us had previously seen a pear tree. Whether or not these trees are more resistant to Queensland fruit fly I don't know, but if you are prepared to use fly traps it's worth giving them all a go.

Two ideal fruits for the backyard are the jaboticaba and the grumichama. The jaboticaba is becoming known as the tree grape. Fruits like large black marbles are borne directly on stems and branches, beneath a canopy of smallish leaves, some six weeks after flowering. It crops prolifically about four to six times a year. Skin is a little tough but edible and taste is rather like either a lychee or a grape. Kept to four metres, this tree would take no more room than a large, dense, upright shrub. The grumichama fruit is delicious. An upright tree with glossy spherical leaves, its waxy white flowers are born on the ends of the new growth and give way to hanging clusters of sweet black, cherry like fruit. Although the skin is black, the flesh is not unlike a red plum and to me seems to taste somewhere between a plum and a cherry. I believe it fruits once a year but full grown trees are rare here as yet. It too could be kept to four metres. Both these trees are now offered as advanced seedlings, there being no special varieties. They respond well to organic fertilisers and mulching, don't seem to be disease prone and should fruit from three to five years after planting. Oh, and the birds know when they are on a good thing, you might have to queue for your share.

The strawberry tree (Panama berry) is becoming very popular as a fast growing, pyramid shaped shade tree. As a bonus it bears a great many bright red, small berries that look and taste like strawberries but have a tougher skin. Remember, any tree that is exceptionally fast growing is liable to be shallow rooted and blow over in strong winds. Lastly, if you take extra care of your trees in the first twelve months or so, watering and mulching well and fertilising periodically, they do tend to look after themselves later, because they have established a strong root system.

---

## CRISP BISCUITS

If you want your homemade biscuits to be crisp bake them for half the recommended time then remove from oven and leave to cool, when cool continue baking for remainder of time.

---



Home gardeners



Our heritage varieties are endangered. Eden Seeds wishes to buy reliably grown, named varieties of open pollinated seed. In small or large quantities.

For a list of non-hybrid varieties presently available, send two postage stamps.

---

THE FINCH FAMILY M.S. 316, GYMPIE 4570

---

## A SPOTLIGHT ON AUSTRALIAN MONEY TREES

Australian Forest Growers (AFG) are spotlighting money-making trees in April, 1992, in one of Australia's most famous national parks. A two day field day and conference on 'Commercial opportunities for private tree-growing' is being held at the Mount Buffalo Chalet, in the Mount Buffalo National Park, in north-east Victoria, Australia, from April 10 to 12, 1992. It follows the internationally important Forest Industries Machinery Exhibition ('FIME'), held every five years at Myrtleford, about 55 kilometres from the Mount Buffalo Chalet. 'FIME' is from April 6 to 9, 1992.

The objective of the AFG field day and conference is to provide tree growers (including farmers) with sound information on:

- Australian markets for pulpwood and sawlogs,
- growing trees suited to these markets (mostly pines and eucalyptus),
- agroforestry, timberbelts and shelterbelts that can provide wood for these markets,
- financial aspects, including taxation planning.

A conference highlight will be the biennial presentation of the National Tree Farmer Award, which began in 1976. The award recognises significant achievement in a farm forest or private plantation investment.

Further information: Mr Brian Wailes, Hon. Sec./Treasurer, Australian Forest Growers, Victorian Chapter, 3 Flint St, Eltham 3095. Ph: 03-439-6057. Fax: 03-417-1227.

## QUEENSLAND – NATIVE ANIMALS PROGRAMME

One organisation which encourages people to take part in their foster programme for orphan native animals is the Wildlife Preservation of Queensland (Brisbane South Branch). The main purpose of the Orphan Native Animals Rear and Release Programme (ONARR) is to raise and return orphan native animals to the wild. Fostering is done on a voluntary basis and requires long term commitment and dedication. With the day to day care of the animal often including round-the-clock feeding and constant supervision normal domestic routines would be impossible to maintain. It is also necessary to keep records in the form of diary sheets, which provide detailed information on the care and progress of the animal. As well as demanding care and attention the orphan can be expensive with special items and accommodation required. To comply with the Queensland National Parks and Wildlife Service requirements, any animal coming into a member's care must be reported to one of the ONARR registers or for non-members a permit must be obtained from NPWS. Ph: 07-202-0200.

For further information contact: ONARR programme co-ordinators. Ph: 07-375-4620, 07-352-5634.

## KEEP CHEESE MOIST

To keep cheese moist, dip a cloth in a mixture of half vinegar/half water and wrap the cheese in it. The cheese will keep moist and fresh indefinitely.

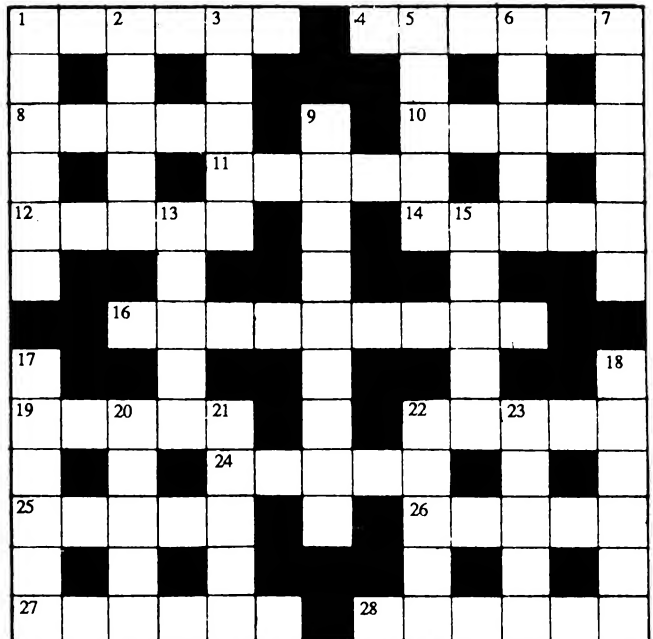
**Hilda Bracewell, Torrington NSW.**

## CRYPTIC GRASSWORD

by M. Riley, Tanjil South, VIC.

- Across
1. They like to mix work with play (6).
  4. Spot stain on work (6).
  8. Trade all boats (5).
  10. Melted until dark (5).
  11. Press one's suit (5).
  12. Blood relative to diet with him (5).
  14. Shot through for love (5).
  16. Till things improve on the land (9).
  19. Never more change tales (5).
  22. Terrorised inside by mistake (5).
  24. He represents a man (5).
  25. Repeat a profit (5).
  26. Idea it is on the back (5).
  27. Swift brutes of human shape (6).
  28. Finder could be an old acquaintance (6).

- Down
1. Grapple with equipment (6).
  2. Talk into ear (5).
  3. Throw onto the ground (5).
  5. Utter end of six down (5).
  6. Down-in-the-mouth letter (5).
  7. Another tea-set for possessions (6).
  9. Bill of fare (3,6).
  13. Irons suit (5).
  15. Come into play (5).
  17. Barely made visible, though indistinct (6).
  18. Vaulted over gate and searched inside (6).



*Solution on page 66.*

20. Clean up after a flood (5).
21. Dancer probably likes to go after a tan (5).
22. Space for three (5).
23. Wander around the fire-place (5).

# Browsing Through

by Colin Franklin, Ballarat, Vic.

I will start by answering some more queries from GR 88 as I have been able to trace further details regarding some of these requests by checking through my contacts.

**Marcus Knight**, in regard to obtaining rare native seeds for resale as plants for a nursery - to gather native seeds in the wild you're required by law to have a special permit from Dept of Forestry and Conservation in the various capital cities. These permits are very hard to come by and special conditions also apply. I have listed several seed merchants who carry your requests: - Bushland Flora Seeds, PO Box 189, Hillarys 6025; C & S Seeds, 5/19 Thurlowe Ave, Yokine 6060; Seederama, 96 Burwood Rd, White Bridge 2290; T G Walduck, 'Summerlea Farm', Kingston 7150; Belligen Valley Rainforest Seeds, PB, Bellingham 2454.

**L & L Thomas, Juanita Ellis, Ann Prusad**, regarding soaps and shampoos. I suggest you get a copy of *Country Scents*, by Alan B Hayes, published by Night Owl Publishers, PO Box 242, Euroa 3666, \$9.95 & pp \$2.50. This book covers a wide range of herbal products. Also try *Herbs and Things* by Jeanne Rose's Herbal, ISBN 0 448 01139 5.

**Marie Cantrill**, the product you're looking for called Mr Muscle Tile & Tub Cleaner is no longer manufactured.

**B Marschme**, Port Pirie. The girasole are a restricted import to Australia, that's why they are not available. Regarding your other request, *Excavos cupressiformis* (and *E. alphyllus*, *E. stricta*, *E. latifolius*). These are all parasites that attach themselves to roots of trees. The fruits are very astringent, but when about to fall are very sweet, palatable and deep red, seeds are very hard to find at all. The ones you're looking for do not grow naturally in South Australia.

**Mr R & Mrs E Taylor**, can contact me through *Grass Roots* as to which type of flowers they are interested in prolonging the life of in northern Australia. I have a book on this subject that has been out of print for over 50 years now.

**A Taylor**, Beaconsfield, jumping jack ants can be killed two ways: boiling hot water poured down their hole at night time, or boil about 30 leaves of tansy, covered with water, in an enamelled container for 1/2 hour, strain off liquid while hot and pour down hole. This will destroy all ant nests. Equal parts of borax and honey mixture left in a lid near their hole will also do the same.

**David Reeves**, with regard to dome construction refer to GR 83, or contact Neville Ackland, Terra Tech Bricks, PO Box 751, Nairne 5252. Ph: 085-387-086.

**Marion Elligett**, in reference to your request for glass jars, contact ACI Glass & Packaging, 36 Burwood Rd, Hawthorn 3122. Ph: 03-810-2311. This company manufactures most of Australia's glass products.

**Vivienne Manouge**, detoxifying soil with violets is unknown in the horticultural field as they are shallow rooted plants and would die on contact too. Many experiments have been carried out, but nothing on this subject has yet shown good results at all. I had heard this many years ago and tried it with the violets dying as a result.

**Kenya Woolmer**, I myself use a lot of raw parsley, pineapple sage and lemon balm in my salad to prevent blood clotting. Shepherd's purse (*Caspella bursa-pastoris*) is also very good.

**Jean Paton**, with regard to carob seeds, I can supply some later on this year as I used all of my last stock for grinding. Morning glory will eventually take over your place and your neighbour's too. Once established even the runners will root on touching the ground. I know it's on Victoria's weeds control list because of its spreading habits.

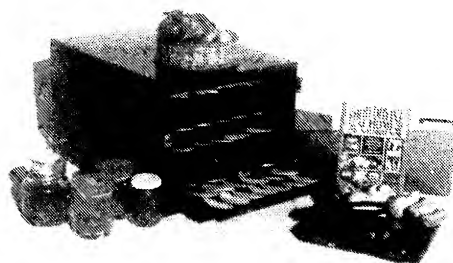
**Mrs Karen Long**, re sparrows in the roof, firstly may I suggest you leave carbide out of your roof completely, if this is mixed with water it can cause untold damage to your house, even burning it down, or causing explosion. Very fine mesh is your answer unless your house has a corrugated roof, then strips of metal cut to match the ripples are used along spouting area, and on the rolled end a cap is placed or soldered on.

**Judy Clark**, lemon juice rubbed in regularly, or a burnt cork rubbed in salt will remove stains. Also lemon juice mixed with your stove polish gives an excellent polish without too much labour. Lemon juice will clean many different metals and other items too.

**Jan Hixham**, a very good handbook is published by the *Weekly Times - The Farmers Handbook*, at your local newsagent, cost \$19.95.

**Maree McCorquodale**, regarding builders in the area you're interested in, I would suggest you contact the Housing Industry for their recommendations as there are many so-called builders around that use too many short cuts these days.

## The New "NARA"



### Home Food Dehydrator

- \* Featuring the latest Fan-Forced air flow system, enabling you to dry food naturally, without any chemicals or preservatives, and retaining colour and flavour.
- \* Manufactured here in Australia to our rigid standards. (N. 1529)
- \* Low running costs. About 1¢ an hour.
- \* Priced at \$295 plus delivery and insurance.

**WRITE FOR BROCHURE TO:**

**BANKCARD  
WELCOME**

**Nara Products  
P.O. Box 512, Maleny, Qld. 4552.  
Phone: (074) 94 3611**

# Poetry

## SAVE OUR WORLD

Oh Mother Earth,  
It is no wonder that you weep  
Such torrents of despair.  
It is no wonder that you tremble  
Roar and rumble  
Beneath a world which does not care.  
Your earthly creatures we have slaughtered  
Your forests stripped and bare.  
Once fruitful soils made barren  
Waters choked in a world beyond repair.  
Still I have faith though times are troubled  
A fine tune spins in the air.  
It calls forth young and elder  
To listen pause and dare  
To think about this world we savour  
Earthly splendour fine and rare.  
Children of the future,  
Beauty for them to share.  
Let's mend our thoughtless ways,  
Our apathetic air,  
Act with love and wisdom  
And show the world we care.

Mary Serenc.

## WITHOUT A CAUSE

Searching for truth, and someone to care,  
I moved from there to here to there.  
And then in a far-off van park  
As I struggled with my cases,  
The eyes inside the caravans  
Had still and curious faces.  
But a little hand  
Slipped over mine,  
Two eyes of blue, so shy;  
A voice of silver bells said,  
'Would you like some help Miss?  
'Cos I'd like to try'.  
A touch of care, without a cause,  
Straight and sweet and clear;  
It took away the weary miles,  
It took away my fear.

Jeannie McPherson.

## BALLOON FLIGHT

Sailing majestically  
across a cloudless sky  
hung a multicoloured  
hot-air balloon,  
like an old ghost galleon  
on a smooth sea voyage,  
taking passengers  
on a breathtaking journey.

June Farrell.

Fresh crisp mornings,  
Beautiful blue skies sunny days,  
Mountains  
In a delicate veil of haze.  
Trees quietly transforming,  
Into a blaze of glory,  
Rivers, so crystal clear and clean,  
Reflect the clouds of the same clarity.  
Warm sun,  
Cool breeze,  
Roses that seem to blossom  
Endlessly.  
Dew on the grass,  
A sprinkle of snow on the mountains,  
All just makes you feel so good,  
It must be autumn.

Carol Fellows.

## AUTUMN

Of all four seasons, I like best  
The autumn months, when summer's zest  
Is on the wane and cooler days  
Lead forth a gentler sun whose rays  
form dappled patterns through the trees.  
Their leafy greenness by degrees  
is warmed to gold and red and brown,  
Till puffy breezes waft them down  
to rustling carpets where I tread  
anticipating days ahead.  
Anticipating autumn rains  
rejuvenating dried out plains.  
In cities washing summer dust,  
rejoicing when a windy gust  
blows fresh and cool upon my face,  
and life begins a slower pace!

Pat O'Brien.

## SPIDERS

O small black architect  
Do you have to design  
Your home in mine?  
I've already killed  
One artist today  
Delighted in her work  
Envied her intricate pattern  
Allowed her to work soundlessly  
In a corner of my room  
I smash my god fist once  
And you are gone

Jane Williams.

## CLOUDS

Sometimes in summer I walk  
the narrow tracks and springy snowgrass  
of my world's roof  
by Kosciusko, and the Blue Lake –  
above the trees, but still  
below the sky...

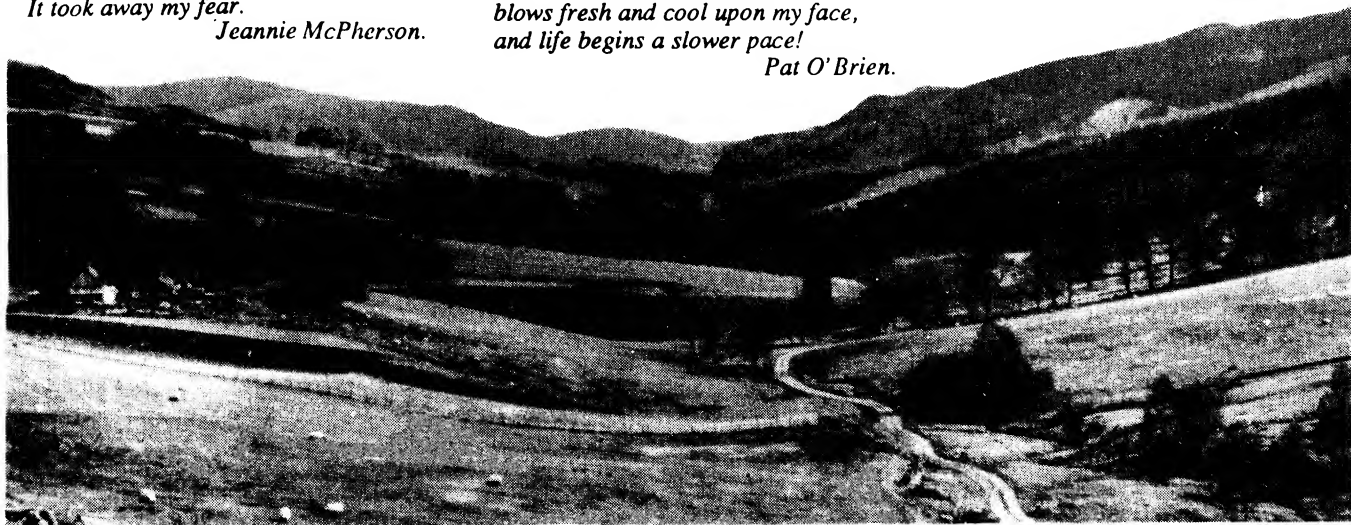
torn  
between alpine flowers at my feet,  
and clouds at my fingers  
drifting silent across the water  
but gone  
with a touch

Rachael Bradley.

## CONCRETE BUSTER

See it there  
a tiny flower,  
red petals delicate in the sun  
fragile leaves  
and frail, thread stem,  
blue-eyed, if you cared to look.  
insignificant, crushed with a breath,  
yet, a ton of concrete  
unable to prevent its growth.  
Oh yes, my daystar gleams with hope!

Elizabeth Von Seven.





# Kids Pages

Dear Kids pages,

My grade at school has been talking about the environment and Mum said other kids might like to know about it. We worked on a project about pollution, and did an air test. We put vaseline all over a white plate and put it out on a window sill for five days. When we brought it back inside we looked at the top with a magnifying glass. There were lots of dust particles and ash stuck to it. We are going to do the project again in winter when people have fires going to see if there is more ash then. Our teacher said our area isn't very polluted because we live in the country.

**Stephen Lee**  
GERALDTON 6530.

Dear GR Kids,

My Mum used to always read the Kids Pages to us when we were little and we've made lots of things from these pages. I have a fun game other kids might like. You form a circle and someone is asked to leave the room. The person opposite them does something, say claps their hands or scratches their head, and everyone must follow. When the 'leader' gets sick of the action, they start another, with everyone following. The 'outsider' is called in and stands in the centre of the circle, and has to guess who the 'leader' is. When the 'leader' is caught, they become the 'outsider' and go out until a new leader is chosen. The game goes on and on like that and is fun at birthday parties.

**Emma Dowton**  
HAWTHORN 5062.

Dear Kids,

I have something I want to write about. Did you know that the ecosystem in the Himalayan Mountains is in big trouble? Tourists walking in that area have left lots of rubbish and somehow it's threatening the survival of the rare Snow Apollo butterfly. This butterfly is the only one that can pollinate the grasses and thistles that grow in its habitat. Adults should be more responsible about rubbish and care for our environment.

**Caitlin O'Shea**  
DARLINGHURST 2010.

Q. What's the difference between an angry audience and a cow with laryngitis?

A. One boos madly and the other moos badly.

## COOKERY CORNER

### YUMMY HONEY SLICE

- 1 cup rolled oats
- 1/2 cup wholemeal SR flour
- 1/2 cup coconut
- 1/2 cup sultanas
- 1/2 cup raw sugar
- 155 g (5 oz) butter
- 1 heaped tbsp honey

Melt the butter with honey over low heat. Mix the oats, flour, coconut, sugar and sultanas in a large bowl. Then add the honey mixture to dry ingredients and mix until it all holds together. Press evenly into slice tin (28 cm x 18 cm) and bake in a moderate oven (180°C) for 15 to 20 minutes – until golden brown. Cut into bars while still hot and remove from the tin when cold.

**Nadia Ford, Chadstone.**

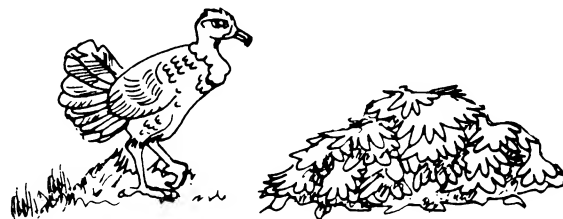
## BOOK REVIEW



**In the Rainforest – by Kathie Atkinson, Hardback, 26 pages.**

*In the Rainforest* is the latest release in the *My Animal Books* series, a stunning set of books which would appeal to kids of all ages. It's basically a picture book with brilliant colour photographs of a fascinating assortment of rainforest creatures – quite a few 'creepy-crawlies' included! The accompanying text is lively and informative, suitable for reading aloud to younger children but with enough interest value for older readers. Even parents will learn a thing or two about the marvels of nature described in the book. It's sure to be enjoyed by the whole family time and again. Look out for other titles in the series – *Bush Animals*, *At the Beach*, *Baby Animals*, *Outback Animals* and *In the Backyard*. Highly recommended, these books would make a worthwhile addition to the home library.

A Little Ark book, published by Allen and Unwin Pty Ltd, 8 Napier St, North Sydney 2059. RRP \$9.95.



### RAINFOREST TURKEY

The brush turkey, an inhabitant of rainforests, belongs to the Megapode family, which translated means simply 'big foot'. The family are unusual in that they lay their eggs into holes in the ground or mounds of rotting leaves, the eggs beginning incubation as soon as laid. The warmth of the rotting leaves incubates the embryos, not the parents body, as with fowls and other farmyard birds. As well, the chicks when hatched are able to fend for themselves. They never even get to meet their parents!

Q. How do you catch a squirrel?

A. Climb up a tree and act like a nut.

### DID YOU KNOW?

#### Pink Flamingoes

The wonderful pink colour of flamingoes is due to the brine shrimps they eat. The shrimps have pink colouring in them and the more the flamingo eats the pinker it becomes.

#### A Long Insect

Do you know which is the world's longest insect? The bodies of the giant stick insects of Indonesia are almost twice as long as an unsharpened pencil, about 33 cm long.

From *Looking at Insects* by David Suzuki, published by Allen & Unwin.

# DECORATING OLD FURNITURE

If there are some chipped or shabby chairs at your place you may like to give them a new lease of life by painting and decorating with lots of bright colours and patterns. You can also cheer up toy boxes, your rubbish bins and even Mum's old watering can. Painted and decorated furniture and objects are very popular at the moment and cost heaps to buy. Your own creations will be much more interesting than those in the shops and individual as well.

## Materials

range of paint, half tins from the back shed would be ideal  
Estopol  
paint brushes  
turpentine  
medium grade sandpaper

## Method

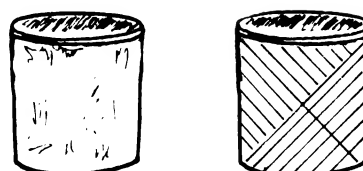
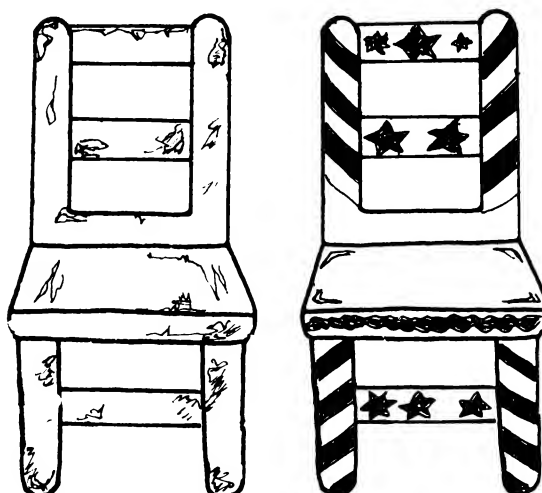
- You need to sand down all the chips on the surface of the woodwork or metal. Lightly rub all over with sandpaper, paying particular attention to the chipped areas. When these are smooth, wipe over the object with a damp sponge to remove dust particles. Allow to dry.

Paint your item of furniture all over and allow to dry. You may need to put on a second coat if it was badly chipped in the beginning. Dry.

- Using a finer brush, apply a contrasting colour in stripes, dots or whatever pattern you like. You can combine patterns, cover the object totally with your designs or just decorate selected parts. Allow to dry.

- Clean brushes well when you have finished.

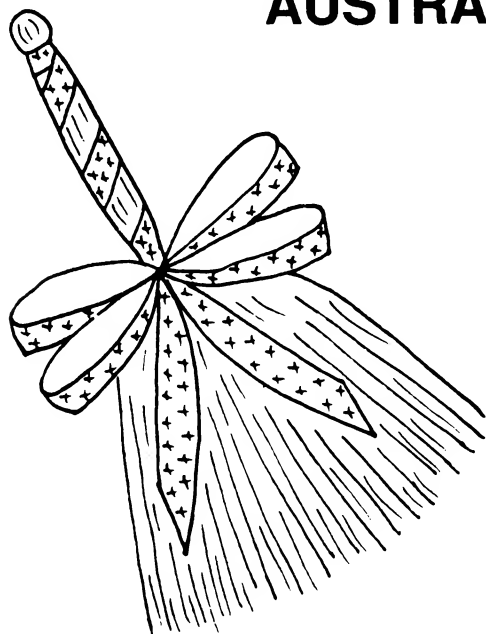
- Later you might like to apply a coat of Estapol to ensure the long life of your design. Don't forget to rinse your brush in



turpentine when you finish then in hot soapy water.

- Having got the bug for decorating and reviving old furniture and household items you may like to tackle the wheelbarrow or even your bike if your parents agree. Happy painting.

# AUSTRALIANA BROOM



Inexpensive little brooms can be bought in cane and basket stores and decorated to make an eye catching wall decoration.

## You will need:

broom  
ribbon, 1.5 m long and 2 cm wide  
dried flowers  
variety of gum nuts, seed pods and grasses  
handcraft glue

## Method:

- Glue ribbon near the top of broom handle and wind down around handle, securing by gluing at the base. Neatly cut off remainder of ribbon.

- Fashion a generous double ribbon bow and tie in the middle to secure. Glue in place at base of handle.

- Arrange dried flowers, seed pods and gum nuts before starting to glue materials in place on the broom to make sure you are happy with the layout.

- Begin by gluing larger items in place first, adding smaller items all around. Fill obvious gaps with small flowers or seed pods so the arrangement is well balanced.

This little gift would make an ideal Mothers Day present. If you would like more ideas for presents or have a crafty Mum, *Annie's Cottage Crafts* would be perfect. Price is \$12.50 posted from Anne Mayne, PO Box 561, Mudgee 2850.

Q. Why are fish so smart?  
A. They always go around in a school.

# While the Billy Boils...

Nuts are a concentrated source of nutrition, providing good quality protein, energy and fibre and also containing a variety of vitamins and minerals, particularly B and E vitamins. When incorporated into fresh or cooked vegetable dishes they provide a wonderful taste and texture boost as well as added nutrition. For variety try adding a handful of nuts to your favourite salad or using chopped nuts as a garnish. Our recipes this time will give you some ideas to help your cooking become creatively nutty.

## ICED ZUCCHINI SOUP

Approx 24 small zucchini, sliced & trimmed  
4 cups chicken or vegetable stock  
1 cup plain non-fat yoghurt  
1 small onion, finely chopped  
salt and freshly ground pepper to taste  
fresh mint, finely chopped  
2 tbsp pistachio nuts, finely chopped

Blanch zucchini and chopped onion in boiling water for 2 minutes. Remove zucchini and puree. Mix the zucchini puree with 2 cups of cool stock. Season with salt and pepper and refrigerate. Whisk in the yoghurt just before serving. If too thick adjust amount of stock. Add 2 tablespoons of very finely chopped mint. Pour soup into chilled bowls. Sprinkle crushed pistachio nuts on top of soup.

**Wendy Hughes, Lismore.**

## SPAGHETTI WITH WALNUTS

250 g (8 oz) ground walnuts  
50 g (2 oz) pine nuts  
1 clove garlic, crushed  
3 tbsp fresh basil or 2 of sage, very finely chopped  
125 g (4 oz) ricotta cheese  
4 tbsp olive oil  
salt and pepper to taste  
750 g (1 1/2 lb) spaghetti, wholemeal  
125g (4 oz) fresh parmesan cheese, grated

Blend nuts, garlic and basil or sage until smooth. Add ricotta cheese and mix well, adding a tablespoon of olive oil and water, then add the remaining oil until the mixture is well blended. Add seasoning. Meanwhile, cook the spaghetti and drain. Serve at once with the sauce and parmesan cheese. Serve accompanied by any fresh garden salad for a balanced, delicious main course.

**Tony Croato, Carlton.**

## VEGETABLE SAVOURY

1 tbsp butter  
200 g (7 oz) broccoli, cut into flowerettes  
100 g (3 1/2 oz) mushrooms, quartered  
3 sticks celery, sliced into 1 cm widths  
1 medium onion, cut into wedges  
1/4 cup evaporated skim milk  
1/4 cup dry white wine  
2 eggs lightly beaten  
seasonings to taste  
25 g (1 oz) almonds, roughly chopped and roasted  
50 g (2 oz) matured cheddar cheese  
1/4 cup dried breadcrumbs  
1 tbsp chopped dried chives

Melt butter in frypan and stir fry broccoli, mushrooms, celery and onion for 4-5 minutes. Spoon into two 13 cm square or round casserole dishes. Combine the evaporated milk, wine, eggs and seasonings. Pour over vegetables. Sprinkle the combined remaining ingredients over the top of each dish. Bake at 190°C (375°F) for 25-30 minutes or until custard is set. Serve hot with crusty wholemeal bread. Serves 2.

**Hilda Bracewell, Torrington.**

## MACADAMIA PIE

### Pastry

1 1/4 cups flour  
pinch salt  
water to mix  
2 tbsp icing sugar  
50 g (2 oz) butter or margarine  
50 g (2 oz) other shortening

Place flour, icing sugar and salt into a food processor with margarine and shortening and blend until it resembles fine breadcrumbs. Add water until the mixture forms a ball. Press into a glass pie plate.

### Filling

75 g (2 1/2 oz) butter or margarine  
3 eggs lightly beaten  
1 cup of macadamias  
1/2 cup brown sugar  
1 cup golden syrup

Melt the butter, sugar and syrup over a low heat. Stir in the lightly beaten eggs. Place the macadamias evenly over the uncooked pastry base and pour the filling over. Bake in a pre-heated 190°C (375°F) oven for 30-35 minutes. Serve hot or cold with whipped cream.

**Pamela Odijk, Mt Morgan.**

## CRUNCHY COLOURFUL RICE SALAD

3 cups cooked brown rice  
1 green pepper, finely chopped  
1 red pepper, finely chopped  
1 medium onion, finely chopped  
1 cup corn  
1/2 cup pine nuts  
1/2 cup sunflower kernels  
1/2 cup slivered almonds  
1/2-1 cup Italian or French salad dressing

Combine all dry ingredients plus 1/2 cup of the dressing and stir well with a fork. If too dry add more dressing. This makes a large colourful bowl of salad and is ideal for parties or occasions when you need to take a salad. Looks attractive served in a lettuce leaf.

**Marion Murphy, ACT.**

# What to do with Buckets of Chokos

by Pamela Odijk, Mt Morgan, Qld.

Chokos (or chayote, also known as custard marrows, alligator pear, or in France as *brionne*) must be the most prolific bearing plants of all. We grow both the white and green chokos, and although they differ in appearance, there is not much difference in taste.

They are extremely easy to grow, especially in temperate or subtropical zones. It is also a perennial. You can grow a choko vine from any single sprouted fruit, but if possible, select one with a smooth skin. Plant it in damp soil with the shoot above soil level. Plant it near a tree and let it ramble among the branches or let it run over the fence or shed. You can pick those you cannot reach from the ground or a ladder, with a long bamboo pole. However you will have to protect the planted choko with netting securely fastened at the base, as bandicoots love to dig them up. Wallabies will also eat off any shoots they can reach, so tie some tree branches to the netting to protect the plant for about 60 cm. And keep the geese away – they will snap off the vine in their usual destructive way.

Then comes the eating. But after you have boiled and eaten as many chokos with pepper, salt and butter, as you are able to, and then added sliced choko to curries – what do you do with the continuing supply? Here are a few suggestions to use up the rest of the crop.

Many of these recipes were used by my mother and grandmother in the years of World War 1 and World War II. The rest have come from thousands of hours of searching through recipe books to find new and innovative ways to use this versatile fruit/vegetable.

## CHOKO FRITTERS

Dip pieces of boiled choko in batter and fry in deep hot fat or oil for 3-5 minutes until golden brown.

### Batter

- 1 cup flour
- $\frac{1}{4}$  tsp salt
- 1 tbsp melted fat or oil
- 1 egg, slightly beaten
- 1 cup milk

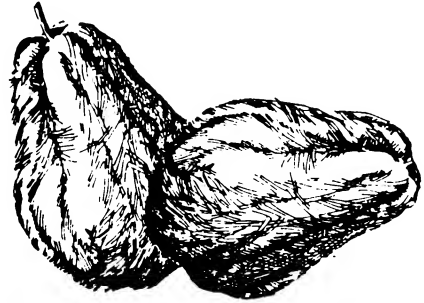
Mix flour and salt, combine egg, milk and oil and add gradually to the flour, beating constantly until smooth. Produces  $1\frac{1}{4}$  cups of batter, or if you prefer more luxurious fritters place the boiled choko pieces in a marinade of olive oil, lemon juice, salt and pepper for an hour or so before coating in batter.

## CHOKO CHEESE

Arrange sliced, cooked choko in a greased casserole. Cover with 1 cup white sauce, seasoned with a dash of nutmeg. Sprinkle with  $\frac{1}{4}$  cup fresh breadcrumbs mixed with  $\frac{1}{4}$  cup cheese. Bake in a hot oven for about 10 minutes. (6 servings).

## STUFFED, BAKED CHOKOS

Halve the chokos crosswise and scoop out the seeds and soft centres. Slightly hollow them out. Blanch them in salt water, then drain and dry them. Simmer in butter and water (or microwave) until nearly cooked, then fill the hollows with a mixture of chopped onion, chopped tomato, cooked rice and cheese in various combinations, sprinkle with breadcrumbs and dot with butter. Bake until filling is cooked and cheese melted, and crumb tops are golden brown.



## ALGERIAN CHOKOS

Peel, and remove the seeds of the chokos. Boil. Press the boiled choko through a cloth (a Chux will do) to remove the maximum amount of water. Then blend or mash the cooked choko with slices of bread dipped in milk. Cook finely chopped onion in a little butter, salt and pepper and add to this mixture. Place in a casserole dish. Sprinkle the surface with breadcrumbs and dot with butter, then cook in a moderately hot oven until sizzling and golden.

## CHOKO MUSTARD PICKLE

- $1\frac{1}{2}$  kg chokos
- $\frac{1}{2}$  cup sugar
- 1 tbsp each of mustard and tumeric
- 1 tsp each of curry powder and cayenne
- 10 cups vinegar
- 500 g onions
- $\frac{1}{2}$  cup flour
- salt and water

Peel the chokos, remove the centres and slice. Peel and slice the onions. Place in a brine made from 16 cups water and a large cup of salt and leave for 24 hours. Drain.

Mix the dry ingredients (including sugar) in a saucepan with enough vinegar to make a smooth paste, then add all the vinegar and gradually boil until it thickens, stirring all the time. Add the vegetables and boil slowly for 10 minutes. Allow to cool. When almost cold, spoon into clean glass jars and seal.

## PICKLED CHOKOS

- 12 chokos
- 4 cups vinegar
- 2 tbsp sugar
- 6 peppercorns
- 6 cloves
- 3 chillies, chopped
- 1 blade of mace
- 2 tsp salt
- 2 bay leaves
- extra salt and water

Peel chokos, remove the centres and cut into quarters lengthwise. Wash them well and place in a saucepan of boiling water. Add salt and boil for 30 minutes. Strain. Put vinegar, sugar, salt, chillies and a muslin bag (or Chux cloth) containing the peppercorns, mace, bay leaves and cloves and boil for 3 minutes. Allow to cool. Arrange the chokos in clean glass jars, placing a few pieces of chopped chilli in each jar. Add the strained vinegar. Cover and seal.



## CHAYOTES A LA CREOLE

Peel the chokos, cut them into quarters and remove the seeds. Blanch them in salted water. While this is being done cook one chopped onion in a little butter and oil with pepper and salt in a deep saucepan. Add 3 chopped tomatoes, a pinch of mixed herbs and 1/4 teaspoon minced garlic. Then drain the chokos and add to this mixture. Cook with the lid on until the chokos are tender. Serve with rice and chopped parsley.

## CHOKO SALAD

Peel, quarter and remove the seeds and soft centre of the chokos and boil. Drain, cool and slice them. Season with oil, vinegar, pepper and chopped herbs. They can also be added to potato salad instead of peas.

## CHOKO CHUTNEY I

- 1 1/2 kg chokos
- 1 kg onions, peeled
- 1 tsp minced garlic
- 1 tsp powdered cloves
- 6 cups vinegar
- 1 tbsp salt
- 1 1/2 kg apples
- 500 g sugar
- 1 tbsp ground ginger
- 1 tsp cayenne pepper
- 1/4 cup treacle

Peel, remove the centres, and roughly chop or mince chokos. Peel, core and finely chop apples and onions. Add all other ingredients and boil until the mixture is thick. This takes about 1 1/2 hours. When almost cool, spoon into jars, seal and label.

## CHOKO CHUTNEY II

2 kg chokos, peeled, centre removed, chopped and boiled in salted water until just tender. Drained and dried. Place in a saucepan with:-

- 500 g finely chopped onions
- 500 g peeled, cored and chopped apples
- 250 g sultanas
- 2 chillies, chopped
- 500 g brown sugar
- 1 tsp salt
- 1 tsp each of allspice, powdered cloves, pepper (or whole cloves and peppercorns)

Boil slowly for 2 hours. Cool, spoon into jars, seal and label.

## CHOKO AND JAM CHUTNEY

- 2 1/2 kg chokos, peeled, centres removed and chopped
- 500 g Granny Smith apples, peeled, cored, chopped
- 500 g onions, chopped
- 1 tbsp salt
- 2 chillies, chopped
- 1/4 tsp cinnamon
- 1 tsp grated fresh ginger (or substitute powdered ginger)
- 1 tin bought peach jam (or equivalent homemade jam)

Boil all ingredients together until thick. Cool, bottle and seal.

## CHOKO AND GINGER JAM

- 2 kg chokos, peeled, centres removed and chopped
- 2 kg sugar
- juice of 6 lemons and the grated rind of 3 of them

- 125 g minced preserved ginger
- pinch of cayenne pepper

Place the chopped chokos in a preserving pan and place 500 grams of the sugar over it. Allow to stand overnight. Next day boil with the lemon juice and rind, ginger and cayenne pepper until the mixture is soft and pulpy. Then slowly add the rest of the sugar, then boil quickly until the jam reaches setting point. When almost cool, spoon into clean glass jars, seal and label.

## CHOKO AND PINEAPPLE JAM

- 12 chokos
- rind and juice of 2 lemons
- 1 tsp essence of ginger or powdered ginger
- 1 large pineapple
- sugar (as measured)

Peel, remove the centres, and slice the chokos. Peel and roughly chop the pineapple. Put the pineapple and choko through a mincer or place in manageable amounts in a food processor and roughly chop. Add the lemon juice and rind.

Using a measuring cup, measure the pulp into preserving pan and boil gently until it is soft. Then add a cup of sugar for every cup of pulp and boil quickly until the jam reaches setting point adding the ginger right near the end of the cooking process. When nearly cool, spoon into jars, seal and label.

## CHOKO AND LEMON JAM

- 12 chokos (approx)
- 3 lemons
- sugar (as measured by weight)

Peel the chokos, remove the seed and soft centre and chop reasonably finely. Weigh the choko flesh and allow 350 grams of sugar for every 500 grams of choko. Sprinkle choko with half the sugar and allow to stand overnight.

Slice the lemons very thinly and add to the choko and sugar mixture. Boil all together (adding a little water if necessary) until the jam is clear, then add the remainder of the sugar and boil with a good rolling boil until setting point is reached. Allow to cool, spoon into clean glass jars, seal and label.

---

## MUSTY ROOM CURE

Place a cake of camphor in each corner of any room which tends to become damp and musty. In a week the camphor and the dampness will have disappeared.

## DO YOU SINCERELY WANT TO FEEL BETTER - NOW AND FOR THE REST OF YOUR LIFE?

Dr. Ann Wigmore's unique, world-renowned Wheatgrass and Living Foods Program - the ultimate disciplined health education program - since 1960 it has helped hundreds of thousands of MOTIVATED PEOPLE REDUCE STRESS

- LOSE WEIGHT - STOP SMOKING - INCREASE ENERGY - AND GET GREAT RESULTS!

Tranquil country setting - private ensuite rooms - delicious, healthful meals - luxurious heated pool - cosy steam room and spa - full-size tennis court - surprisingly low fees.

*Phone or write now for dozens of documented success stories and complete details.*

**HIPPOCRATES HEALTH CENTRE OF AUSTRALIA**

Elaine Ave, Mudgeeraba 4213, Gold Coast, Qld.

Ph: 075-302-860.

APB 001030495

# Forging Ahead

by Roy Clark, Laidley, Qld.

Some time ago (GR 79, June 1990) my wife Judy wrote about our lifestyle on our 42 acres in the mountains. In that article she mentioned the forge and bellows that are homemade, and I thought I would share a very cheap way of building them. I have not included all the measurements for the bellows as there are eleven pages but it is made from two car inner tubes and wood. See main forge diagram (p 54).

The forge is made out of the bottom half of a 44 gallon (200 lt) drum with a set of legs welded or bolted to the bottom, you can use 3 or 4 legs whichever is easier to build. They can even be made from wood as there is no heat near them. Cut a piece out of the front of drum as shown (fig 1), and cut a 23 cm (9 in) square hole in the back so that long pieces of metal to be heated in the middle can be passed through. Now turn drum upside down and cut a 5 cm (2 in) hole in the bottom as near centre as possible, this is to take the 5 cm (2 in) pipe for the forge tuyere (a nozzle through which air is injected). The next stage is to make the stand or legs and fasten them to bottom of the drum. You now have the start of your forge.

After cutting the drum and fitting the legs the next step is to fit the pieces of pipe for the blower, the tuyere and ash dump. You need a 5 cm (2 in) tee piece with threads in each end to take 5 cm (2 in) threaded pipe (fig 2). The tuyere is a piece of flat steel (fig 3) with four 6 mm (1/4 in) holes drilled in it, then welded to top pipe which goes inside forge, this is put through hole inside bottom of forge (fig 4) then the tee piece is screwed onto it, then the other two pieces of pipe are screwed to the tee piece (fig 3), if the tuyere plate is made bigger than the 5 cm (2 in) pipe, you can sit it on two bits of stone or brick so it is 10 cm (4 in) off the bottom of the forge (fig 5).

Figure 6

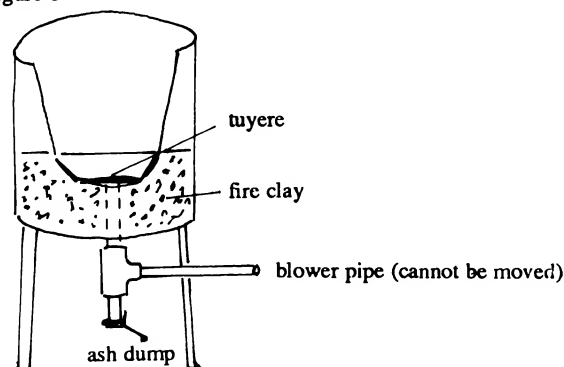


Figure 7

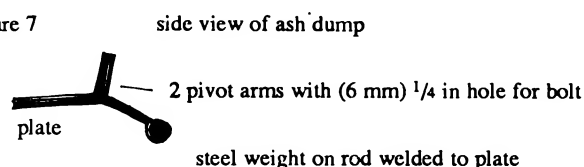
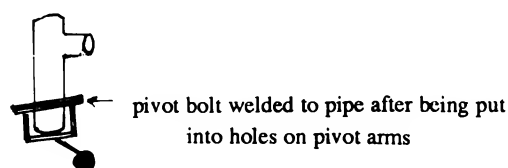


Figure 7a



Once you have your pipes fitted into the forge, the next step is to fill the bottom of the forge to the top edge of the tuyere with fire clay (fig 6). The fire clay can be made with an old termite nest broken up, put into an old metal bucket, mixed with water and crushed into soft clay; this is then put into the forge with your hands until you fill the bottom up to the tuyere with this clay (do not fill the holes of the tuyere with clay) then leave to dry for a few days until hard. Make sure the pipe to your blower is out to the left or right of forge before putting clay in bottom as it cannot be moved later. The ash dump on the bottom pipe is a piece of flat plate with a pivot arm welded (fig 7) to it, then fastened to a bolt welded to the pipe with a weight on one end to keep it closed (fig 7a). When you want to dump the ash you just lift the weight up.

Figure 1

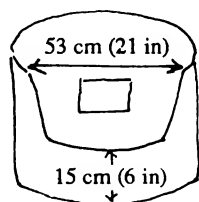


Figure 3

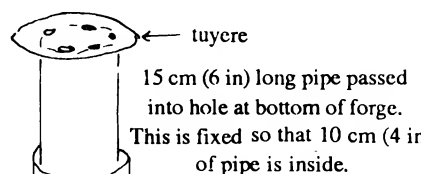


Figure 2



5 cm (2 in) tee piece

15 cm (6 in)

45 cm (18 in) long pipe for blower

15 cm (6 in) long pipe screwed into bottom of tee piece ash dump

Figure 4

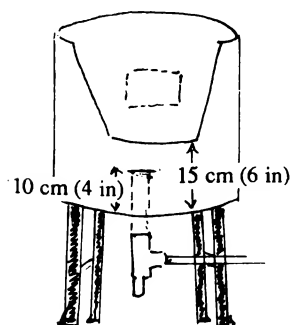
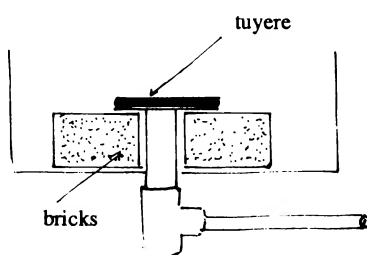
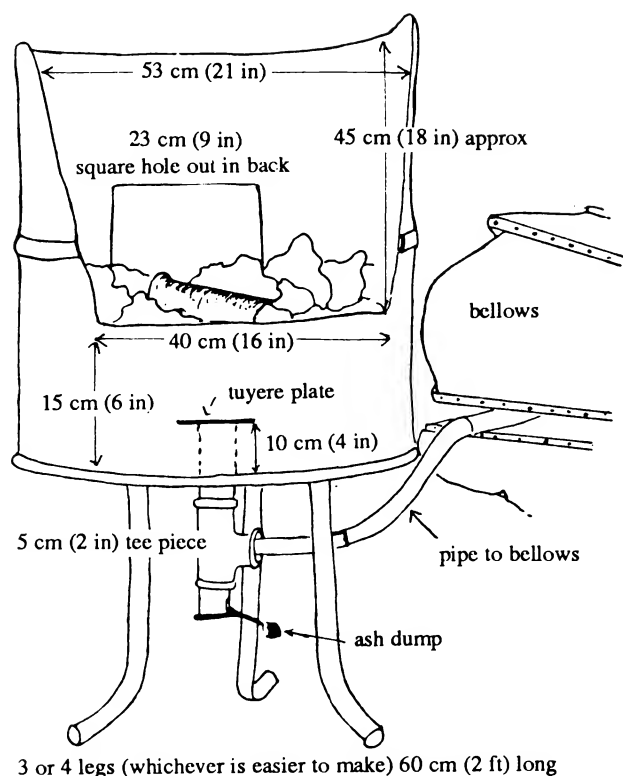


Figure 5



## Main Diagram of Forge



If any reader would like a copy of instructions for the bellows they could send me \$2 only to cover photocopies and postage: R Clark, Lot 1, O'Dwyer Rd, Laidley 4341.

## FUEL FROM STRAW

A new form of domestic fuel has been developed by British farmers - straw briquettes, made from surplus straw from the cereal harvest. Following one of the hardest winters this century in Britain, a survey of users revealed that the briquettes are easier to use than other solid fuels and that heat output and efficiency is impressive. The compressed straw briquette is a clean to handle, natural product requiring less chimney sweeping than with coal. At the same time the sale of briquettes is helping to reduce the straw problem common to cereal growers in many countries.

## WASTE MANAGEMENT CONFERENCE

Did you know that 3.5 million tonnes of waste is produced in Sydney each year? And that only 6% of domestic waste is recycled? Did you know also that landfill space in Sydney will be exhausted by 1988? We have to do something now to reduce, re-use and recycle our rubbish. Total Environment Centre is holding a Conference to bring together members of local Councils and concerned citizens to discuss current systems of managing our waste and options for the future. The specialists that TEC has gathered will emphasize the contribution that Councils can make to manage waste locally. There will be a particular focus on recycling systems. Possibilities for regional co-operation will be featured while there will also be discussion of household waste management. The role of the State Government; past, present and future; is an important factor in the success of waste management schemes and this issue will also be addressed. The conference will be held from 9 am-5 pm on 11 April 1992 at the Pilgrim Theatre, Pitt St Uniting Church, Sydney. Enquiries about the conference should be directed to Glyn at Total Environment Centre. Ph: 02-241-2523.

## FOCUS ON HERBS

A resource guide to the herb industry in Australia is currently being compiled. This will provide an information network for herb growers and users throughout Australia. This guide will list: wholesale and retail herb nurseries, display gardens open to the public, source of exotic and native herb seed, suppliers of fresh-cut and domestically grown dried herbs; institutions and individuals offering courses in herbal education, suppliers of oils, dried botanicals and other materials for craft activities, herb societies and groups, growers organizations, as well as herb magazines, newsletters and other sources of herbal information. To make this as comprehensive and useful as possible the following information will be included; name of business, proprietor, address, phone and fax numbers, opening times, nature of business and the products and services offered, whether wholesale or retail, whether a catalogue/brochure/prospectus is available, whether mail order and foreign orders are accepted and other information which will give a true reflection of the individual listing. Information should be sent to Herb Industry Resource Guide, C/- Focus on Herbs Magazine, PO Box 203, Launceston 7250.

## FIGS

by Marg Wagenhofer, Lima East, Vic.

The fig has a history almost as long as man. It was cultivated in all regions around the Mediterranean Sea and was a staple food from time immemorial. It is a relation of the mulberry, the banyan and the Indian rubber tree. When we eat a fig we think that it is a fruit, when in reality we are eating the flowers. The strange mystery of the fig is that the pear shaped objects that form on the branches, are comprised of hundreds of tiny florets arranged around a central stem. These flowers are drawn inwards and grow into the pouch as we know it, and can never be fertilised, nor ever develop fruit. Kilo for kilo the fig has more nourishment than bread, and that same kilo contains four fifths of a man's daily needs in food value. It is probably the answer in many of the undeveloped countries today, where food is in desperate shortage, and many children are undernourished.



## CAROB PODS

by Mail Order

The original life supporting food which grows on trees.

Eat the pods and plant the seeds.

A wonderful food ration which stores for years.

Carob pods are helpful in treating diarrhoea. They are also a good source of protein, natural carbohydrate, calcium and phosphorus.

Mailed anywhere in Australia, prices include postage.

450g-\$10, 950g-\$18, 1900g-\$29

ORGANIC FRUIT SHOP

323 Ruthven St, Toowoomba 4350.

# RE-USE THOSE PLASTIC BAGS

by Robin Cronin, Culcairn, NSW.

I really hate to throw away those ubiquitous plastic bags so have found some easy ways of using them to make useful household items. It is surprising how attractive the end results of this re-used rubbish are.

## TO MAKE PLASTIC YARN

Cut the bottom out of the bread bag and then cut around making a continuous 1 cm wide strip. Get friends from different places to send you bread bags of varying colours and patterns. Before using plastic yarn place in a plastic bag with some talc powder and shake well to make the yarn easier to use.

All plastic bags can be used including garbage bags of all colours, black, green or orange.

## Practical Ideas

Patterns using nylon ribbon can be adapted for plastic yarn use. I have found that their use is as limited as your imagination, some other ideas are listed below.

**Coasters** – crochet a circle to required size.

**Placemats** – again to required size.

**A Little Girl's Bag** – use some coloured nylon yarn to embroider a large flower on the bag.

**Toilet Roll Cover** – crochet a circle to fit the roll and then continue without increasing.

**Lavender Bags** – crochet 2 circles and join together with lace edging.

## COAT HANGERS

### Knit

Using 4 mm (No 8) needles cast on 11 stitches and knit stocking stitch till you reach the required length of a wooden coat hanger. Use a strong cotton to stitch the cover over the hanger. To cover the hook, purchase plastic tubing, which comes in a wide variety of colours from the craft shop.

### Crochet

Using 4.5 mm (No 7) crochet hook make 9 chain, miss 1st chain and double crochet in remaining 8, turn, 1 chain, double to end and repeat until cover reaches required length. Continue from \* as in knit pattern.

Note – it takes approximately 3 to 4 bags for each coat hanger.

### HAT

#### Crochet

Commence with 3 chain, join with slip stitch.

Row 1: 3 ch, 8 treble into ring, slip stitch into top of 3 ch.

Row 2: 5 ch, 1 tr into each stitch with 2 ch between ending with 2 ch. Slip stitch 3rd ch (9 spaces).

Row 3: 4 ch, 1 tr into stitch at base of ch.

\* 2 ch 1 tr into next tr. 1 ch 1 tr into same st rep from \* ending 2 ch, slip stitch into 3rd ch.

Row 4: 5 ch, 1 tr into next tr.

\* 2 ch, 1 tr into next tr rep from \* ending 2 ch. Slip stitch into 3rd ch (18 spaces).

Row 5: As row 3 (36 spaces).

Row 6: As row 4 (36 spaces).

Rows 7 to 13: As row 4.

Row 14: (Brim) 4 ch, 1 tr into st at base of ch.

\* 1 ch, 1 tr into next tr. 1 ch, 1 tr into same st. Rep from \* ending 1 ch slip stitch into 3rd ch (72 spaces).

Row 15: 4 ch, 1 tr into each tr with 1 ch between each ending 1 ch. Slip stitch into 3rd ch.

Rows 16, 17, 18: As row 15.

Row 19: 2 double crochet into each space to end, finish off.

Thread nylon ribbon (doubled over) through the spaces of the 13th round. Can adjust to head size, by pulling thread or easing out. Tie bow with nylon at back.



## MILDEW-PROOF BREAD BIN

To prevent mildew in the bread bin line the bin with white kitchen paper, sprinkle a layer of salt over this, cover salt layer with another sheet of paper and place bread on this.

## LET QINS TEACH YOU NATURAL THERAPIES!

See how easy it is to join that qualified band of Practitioners of Natural Therapies which is growing rapidly due to the increasing demand for their services.

- Herbal Medicine for home use.
- Organic Farming & Gardening.
- Basic Science.
- Medical Sciences.
- Colour Therapy.
- Aromatherapy.
- Iridology & Iris Diagnosis.
- Nutrition.
- Homoeopathy.
- Herbal Medicine.
- NATUROPATHY.

# QINS

QUEENSLAND INSTITUTE OF NATURAL SCIENCE

Accredited by the Australian Traditional Medicine Society.

### POST THIS COUPON TODAY TO

The Registrar,  
Queensland Institute of Natural Science,  
P.O. Box 32,  
Mapleton, Queensland 4560 Australia.  
OR PHONE (074) 42 9377  
Toll Free 006 072050

**YES!** Please send me obligation free details of your correspondence courses.

Name ....

Address

Postcode

GR04/92

## STUDY at HOME

DEVELOP NEW SKILLS AND INTERESTS - IMPROVE CAREER PROSPECTS

CHOOSE FROM 130 DIFFERENT COURSES:

### GENERAL

Stress Management  
Mud Brick  
Healthy Living  
Self Sufficiency  
Photography  
Business  
Building Biology  
Freelance Writing  
Fitness

### HERBS

Herb Culture  
Lavender  
Scented Plants

### HORTICULTURE

Propagation  
Organic Gardening  
Nursery Management  
Australian Natives  
Landscaping

### HORSES

Horse Care I, II & III  
Cert. Horse Management

### CROPS

Cut Flower Growing  
Commercial Vegetables  
Berry Growing  
Fruit Growing  
Viticulture  
Mushroom Growing  
Advanced Hydroponics

### CERTIFICATES

☐ Horticulture  
☐ Business Studies  
☐ Photography  
☐ Recreation  
☐ Marketing  
☐ Horse Management

PLUS LOTS MORE!

AUSTRALIAN CORRESPONDENCE SCHOOL (Established 1979)  
264 SWANSEA ROAD, LILYDALE, VIC. 3140. PHONE: (03) 736 1882



# COMMUNITY AID ABROAD WALK AGAINST WANT

Most GR readers would be familiar with the independent overseas aid and development agency, Community Aid Abroad. Established in 1953 CAA has consistently supported programmes for the disadvantaged poor in countries of greatest need. The organisation has no religious or political affiliations and is supported by individuals, other agencies, governments and 180 community groups throughout Australia. CAA works to increase public awareness of the plight of the poor in other countries and to raise funds for the implementation of locally based self-help projects in these regions.

One of the main areas of the agency's involvement overseas is in agriculture, initiating projects at grass roots level thereby encouraging villagers towards self-sufficiency. Field officers visit and monitor such projects but the tasks of organising and on-going decision making remain with indigenous leaders, local people who know the community and its culture.

Such a project is in progress in Laos, a country with an annual per capita income of only \$180. Due to extensive bombing during the Vietnam war, thousands of citizens were displaced within their own land. In the village of Dan Phon Sung CAA is currently working with villagers on a project of water management. This entails the repair and construction of weirs and canals, in co-operation with district and provincial irrigation technicians. Farmers who benefit from the project give their labour free of charge, while construction materials are supplied by the agency. This will provide a water resource which the villagers can manage themselves with locally available materials. A village committee ensures that water is distributed equitably, according to need. A reliable water resource is the key to ensuring the community can feed itself as consistent rice crops will be available.

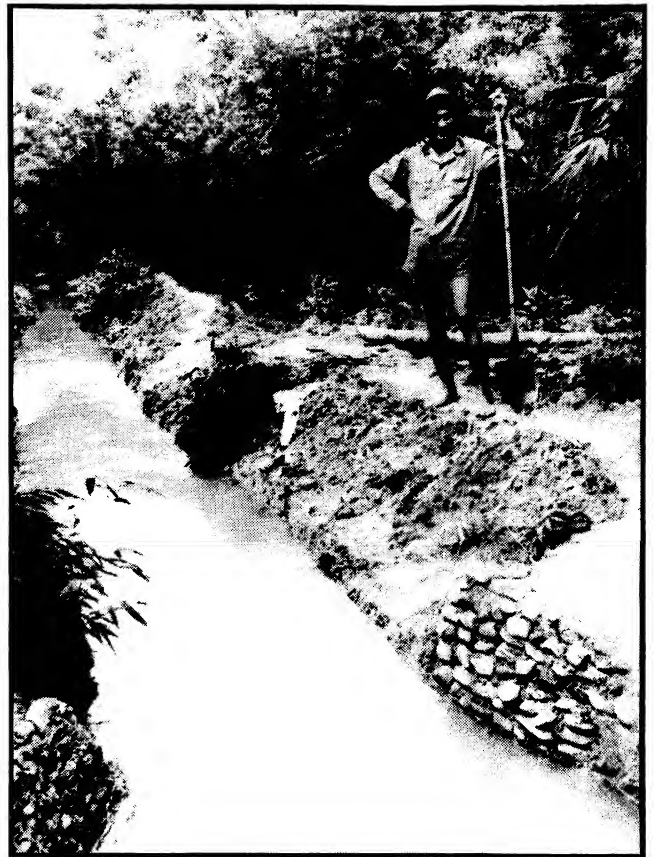
Australians can help Laotians and people from 26 of the world's poorest countries help themselves by supporting Community Aid Abroad's Walk Against Want on 5th April 1992. This annual event is the agency's major fundraiser and Australians have always contributed generously. The most consistent solid support has been provided not by the multinational corporations but by average working class families. This year 40,000 participants, sponsored by a further 400,000 people will walk, run, cycle and use wheelchairs, skates and even stilts to raise money according to the number of kilometres covered.

Anybody interested in being part of this popular and worthy event can call Community Aid Abroad (toll free) on phone 008-034-034 or collect a sponsor book at any Body Shop, Athlete's Foot store or Community Aid Abroad shop.

## CHILBLAIN CURE

Place one egg white in a basin. Slowly add a tablespoon each of eucalyptus oil, kerosene and turpentine. Mix well, pour into a bottle. Apply to chilblains twice daily with cotton wool.

**FREE** Big Price List of interesting and unusual books. We specialise in Craft Books (including many exotic & unusual crafts), Self-Sufficiency, Environment, How-to-do-it volumes, Health & Food, Alternative Lifestyle, Leisure books etc. Dept. GR THE BOOK CONNECTION, P.O. Box 1463, Dubbo. N.S.W. 2830.



A farmer in Laos uses rocks to reinforce his irrigation channel which has been damaged by erosion. The reinforcement is an example of the appropriate technology being encouraged by Community Aid Abroad in its work in Laos.



## RAT PROBLEMS



Why cause agony by poisoning rats, either to the rats or to the dogs, cats or birds who eat the rats when all you need is a little ingenuity, some cooking oil, progesterone, patience, and enough kindness to go a little out of your way?

Kalle Heiskanen, a former sailor, bartender and construction worker in Finland, noticed how many dogs, cats and birds suffered and died from eating poisoned rats. He thought of contraceptives and consulted pharmacists at the University of Joensuu, who gave him a mix of bread soaked in progesterone with cooking oil. Win a \$500 grant from the Kesalahti Council, he tried this mix on 700 rats at the town dump. In 4 months the rat population was reduced by 15 percent. Biology professor Heikki Hyvarinen examined a dozen female rats and found them all infertile. 'It is a clean and cheap method and could possibly be the best way of dealing with the rat problem, particularly in Third World countries.' The University of Joensuu is now making a more detailed and scientific study of the rats at the dump. NB. Do not attempt your own mixture without consulting someone with knowledge in veterinary pharmacy.

*The European*, March 29, 1991, reprinted from *New Vegetarian*, July 1991.

# Wildlife Corridors for Every Farm

## Part II

by I.V.M., Woodend, Vic.

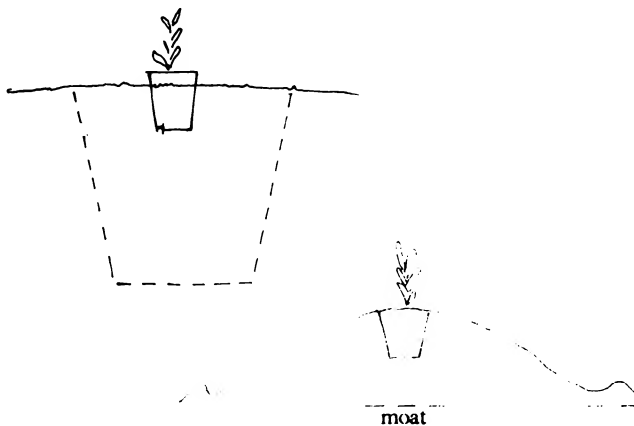
In the last issue I discussed the benefits to landowners and to the environment of planting wildlife corridors, how to decide where to most advantageously site your wildlife corridor, and some important factors affecting tree survival. I will now share with you some of our more successful tree planting strategies and discuss ways you can find information about suitable species for your area.

### TREE PLANTING

The secrets of our hard won success in planting trees are:

#### Prepare The Hole

Dig a good hole, even for little veneer tube seedlings. Dig the soil out to at least double spade depth. Chop away heavy grass around the perimeter of each hole.



#### Fertilize

Mix in generous amounts of well rotted manure and compost. The manure acts more as a soil conditioner than a fertiliser when it is not fresh. At this stage it is good to have more soil than will fit into the hole – form a mound, with a ‘moat’ at the outer edges. Drench the moat and plug any leaks with more soil. If any small rocks came out of the hole, place them around the base of the seedlings. Press the seedling gently into place and water thoroughly. Unless you’re set up with ample water and hoses you’ll probably give the new plants a bucket each and deem that enough. If you have to water this way, make sure you soak the seedling for an hour before transplanting, to ensure it is thoroughly wet through. That way, any inadequacy in your bucket watering will not impact immediately. Unless it rains overnight, water again within two days, preferably, and weekly thereafter, depending on rainfall.

#### Mulch

Mulch heavily. If you can spare it, lay on more compost topped with straw, and plenty of it, from the moat outwards. Keep the mulch well away from the seedling itself except in very hot or prolonged dry spells when pushing the mulch closer, but not against the stem will help conserve moisture in the hole. Properly mulched, a seedling will be invisible behind a thick pile of straw until it gains some height itself.

#### Protect The Plant

There are many options available to you for plant protection: plastic tubes, wire netting, tyres, etc, but when you’re dealing

with large numbers of plants the extra expense may deter you from even attempting such a project. If you accept at the start that, with the best will in the world, you will have some losses, it could be best and simplest to plant your seedlings out very well, as detailed above, and trust to their strong growth to get them through the first two years. If hares or rabbits are very bad in your area, some sort of deterrent may be necessary. Instead of trying to protect every single seedling, select the biggest and best looking for that special treatment and let the rest battle it out for themselves. Under good conditions, with careful planting practices and benign weather, there could be a less than 10% loss rate. This can escalate to over 80% losses when events and conditions conspire against you, but any trees that do survive will make things that much easier for any follow-up plantings.

### RESEARCH AND DEVELOPMENT

Why all the emphasis on growing only local species in your wildlife corridor? There would scarcely be a corner of Australia – outside national parks, – which retained purely indigenous, local species of trees, flowers and shrubs. Most people these days prefer a mix of exotic and native plants in their gardens, and on farms cypress pines, willows and other exotics form shelterbelts and windbreaks, usually because farmers dislike the limb-shedding habit of eucalypts.

However, a wildlife corridor serves a specific purpose, although it can of course form a shelterbelt/windbreak, control erosion, lower water tables, as well. That specific purpose relates to the extension of habitats for local native fauna –everything from wombats to honeyeaters and more – and a corridor made up of common food trees native to your area ensures the widest possible range of fauna can make good use of the corridor. Also, with local native trees and shrubs, you know their survivability in your area must be higher than for plants which may come from a vastly different climatic region.

When planting large numbers of tree seedlings, you want to be sure that most will survive, and furthermore, that no individual plant will take over and become invasive. Plants taken out of their local area will often either not thrive unless carefully nurtured, or they may thrive rather too well. In some countries – Africa and America notably – some acacias and eucalypts have become as noxious there as blackberry and gorse bushes have become here. Therefore, to play safe, and also to ensure that the widest range of local critters can use your corridor, try to make the effort needed to ensure that it is comprised of local tree species.

In order to do this, you may have to do some research. You can start by contacting one of the following organisations: Dept Conservation, Forest and Lands, National Parks Service, Regional special interest groups.

#### Department of Conservation

The Department of Conservation, Forests and Lands (or its equivalent in your state) has regional nurseries, open to the public, which not only sell plants direct, but which also have extensive lists of local and introduced tree species. By obtaining

a list from them, and cross-referencing it with any information you can get from the rangers at your nearest national park or reserve, you will be able to narrow down your options to several very common, hardy local species.

In our area, for instance, you can rely on the blackwood (*Acacia melanoxylon*) and silver wattle (*Acacia dealbata*) along with the messmate gum (*E. obliqua*) and manna gum (*E. viminalis*) to colonize an exposed area without too much trouble. When these hardy pioneers have established themselves – give them a couple of years at least – you can begin planting other species which may require your pioneer trees' protection from wind damage and frost in order to grow at all.

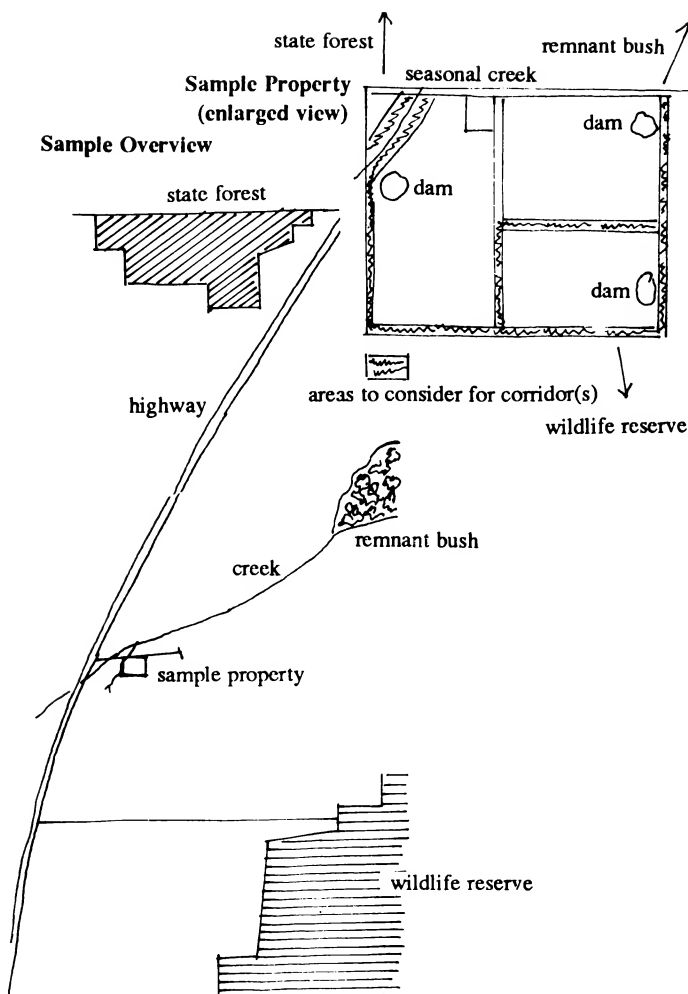
Although you may not be able to recreate a strip of bush with the diversity of a naturally vegetated area, you can provide a framework into which other local species may eventually come. This may occur through the spread of seeds by birds, or you may elect to diversify this habitat yourself, by obtaining plants different from your pioneering trees. Ultimately, your wildlife corridor should have a range of trees and shrubs, from tall through to bushy, and even some herbs and native grasses. A few years ago, many of these fairly inconspicuous plants – such as the native grasses – were not available generally, but with a growing awareness of their importance to the landscape, supplies of these plants are becoming available.

### Local Groups

To further your research, investigate what groups are active in your region. Very often, shire based groups perform important (albeit underrated!) research work of their own, documenting rare plants and campaigning for the protection of scenic areas and valuable bushland. Contacting one or more of these groups may yield some fascinating information about your area, as well as possible seed sources for many plants, and information on the best propagating methods.

In order to obtain an overall view of your area, visit a real estate agent in the nearest town, and beg, borrow or copy one of their regional maps. You can then locate your property within the immediate area, and see how far you are from any bushland, whether that be a state forest, reserve or park. Obviously, in order to make the best possible use of your wildlife corridor, it would help if other property owners were likewise interested in setting up their own corridors. In many areas now there are groups which address this problem on a regional basis.

However, even if all your neighbours are hostile to the concept (at least initially!), you can still make an impact by designing your corridor so that it may one day provide a link in a chain of similar corridors, by siting it with a view to ease of animal movement. How do we do this? Looking at your property as a highway, try to envisage where native creatures might find easy, protected access into your land. Often, in the absence of bush actually abutting your property, animals and birds will use roadside trees, creeks, neighbouring shelterbelts or any remnant cover they can find. Your aim is to allow them onto your property through the corridor, but also you could try to provide them with access to other treed areas adjacent to you. Linking whatever roadside trees or neighbouring bushbelts exist in your immediate vicinity may conflict with your need for a windbreak, for instance. In this case, try extending the corridor so that it provides you with a windbreak, but also so that it joins your boundary fences, nearest to adjacent bush or



tree groups. If you site a corridor in the middle of open pasture, some birds and animals will still be able to use it. If you link it with your boundary fences, as close as possible to nearby trees, many more creatures will find it a handy place to be!

A wildlife corridor need not alienate a large portion of your land. It can be any length, but a good rule of thumb is to make it about three metres deep. If you are establishing a corridor from scratch, with no mature trees to speak of, you may want to attach nest boxes to posts. Roland Breckwoldt has many useful suggestions for different types of nest boxes (as well as other valuable information) in his book *Wildlife in the Home Paddock*.

Finally, consider this – if every landowner across Australia established a wildlife corridor on his/her land, imagine the difference that would make to our environment! You can be a part of the greening of Australia by making a commitment to a wildlife corridor on your own land. It takes years to set up, it can be hard and, at times, demoralising work if you lose some trees, but eventually you will have created something unique and important, not just for you or for local wildlife, but for continuing generations of wildlife. You will have made a lasting contribution to the environment, improved your property and learnt something in the process – not a bad sort of a deal!

### References:

- Australian Geographic*, Issue 23.
- Native Plants of the Macedon Range – A Field Guide*, Davis and Kemp.
- Wildlife in the Home Paddock*, Breckwoldt.

# LOW INCOME LUXURY LIVING

## Part 1

### Do You Love Cheese?

by Marja Fitzgerald, Mongogarie, NSW.

Living on a small income can be difficult. Since I resigned from my well paid teaching job 10 years ago Steve and I have had to survive on occasional part-time work and a small income from invested money. It isn't easy, but we've learnt a few tricks over the years. Living on a little farm is of course an advantage. We can provide quite a bit of our own food, and the quality and flavour we consider is in the luxury class. (These days unpoisoned, clean food is a luxury by itself.) We eat better now than when we were both earning healthy incomes some 13 years ago.) For example, free-range eggs from birds that have daily access to fresh grass, are delicious. Cheeses made from one's own cow's milk, too, are something special. Cream cheese made from our Jersey's milk is wonderful and we often use it in place of butter.

If you are milking it makes sense to produce your own yoghurt and cheeses. Butter I don't often bother with as it uses only the cream content of milk and is least return for time and ingredients. Cream cheese is fine instead of butter in many cases, sometimes even in biscuits. Because we're busy building a house lately (our old one is white ant riddled and unrepairable) my cheeses have become very basic and I no longer bother with rennet. My two favourites are: a basic creamy cheese and a harder cheese, both of which can be varied with other ingredients according to taste.

#### BASIC CREAMY CHEESE

Leave 7 litres of whole milk to stand overnight. If the weather is warm at night and you don't have a cool corner, leave only for an hour or two in the morning. This stage is to begin the process of multiplication of lactic bacteria which give cheese its flavour. If your milk is not very creamy you may have to add cream, but Jersey milk is usually perfect. In the morning gently heat the milk to about 32°C (90°F) after stirring to mix the cream, which will have risen, back in.

Take off heat and trickle in apple cider vinegar while stirring. You will need between 600 ml and a litre (1-2 pt). After adding roughly half a litre (1 pt) leave for 3 minutes. Then stir again, and again trickle in vinegar while stirring. When greenish clear whey forms around soft white curds and no milk liquid remains, you've added enough vinegar. Leave to stand for 20 minutes.

Carefully pour the whey off into a bucket. (I use the saucepan lid to hold the curds back.) This whey and cider mixture I give to the chooks. They love it, and it's good for them. The apple cider vinegar helps rid them of internal parasites and acts as a tonic. If you are milking and keep chooks, no milk or milk products need ever be wasted. Just remember that fresh milk is not good for them as they can't digest the lactose; sour milk, yoghurt or cheese is good for them, will strengthen their eggs and increase egg production.

Use a spoon with holes or slots to spoon the curds into a bowl. Every 5 minutes at first, then every 15 or 20 minutes, drain the whey that forms in the bowl by pouring it off while holding the curds back with the holey spoon. Keep the bowl in



a cool place. After 2 hours place the bowl in the fridge and leave overnight.

Next day lightly rub a little salt over the exposed surface and replace in fridge for a few more hours. Now invert the bowl over a larger diameter bowl or plate; those cheap enamel camping ones are ideal. The cheese is often rather stuck so loosen around the sides with a flexible knife before inverting.

Once the cheese is inverted it should retain the lovely rounded shape of the first bowl. (If it has broken up, better luck next time, and it will still taste good.) Rub a little salt lightly over the newly exposed surface and replace in fridge. Another day will give it extra firmness and it will probably be possible to slice it. If not, it can be spread.

This cheese is good on biscuits, bread or toast – no butter needed. You can enhance the flavour by adding chopped chillies, or herbs (or whatever takes your fancy) sprinkled on top. If I plan to use the cheese in biscuits in place of butter I put some aside as I'm spooning the curds into the bowl. This way they remain soft and easy to work, but they must be used within a day or two. Here's my recipe for oat savouries:

#### Oat Savouries

- 1/2 mug creamy curds
- pinch salt to taste
- 1/4 level tsp cayenne, or to taste
- rolled oats, enough to make firm pliable texture (approx 1 mug)

Mix cayenne and salt well into curds. Add oats, mix thoroughly. Press thinly into greased baking dish, leaving a 2 cm (3/4 in) strip down the middle. This strip will help them cook more evenly. Score into 2 cm squares with a knife. Bake in a moderately hot oven for 10-25 minutes. When ready they will be golden brown.

#### BASIC FIRM CHEESE

This is made in the same way as the creamy cheese, with the following differences:

- Use less creamy milk. If your milk is very creamy, skim off some of the cream in the morning, after it has been standing in the pan in a cool place overnight.
- Heat milk to 38°C (100°F) instead of 32°C, and after you have turned it to whey leave to stand for 40 minutes (instead of 20).

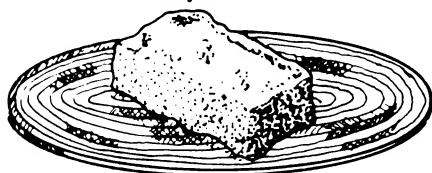
● When the cheese is in the first bowl being drained frequently, press down on it after each draining with a tablespoon. Work your way over the whole surface. Don't push too hard, but enough to let whey trickle into the spoon. Put the whey so formed into the bucket.

● A little more salt can be used in the salting stage. This helps to dry and firm the cheese.

● Age a little longer in the fridge before eating if possible – up to 5 days.

Note: To make a cheese with a stronger flavour, use milk that is not quite fresh, though not yet sour. You can even add some sour milk just as you begin to heat the milk, as long as the sour milk smells good. If you do this you will need less vinegar, as the sour milk will encourage the curds to separate.

Cheesemaking is an art which has many variables. There's the temperature at each stage of the process from fresh milk to stored cheese, even what your cow eats has an effect. Therefore no two farm cheeses are ever exactly the same. They may be very similar though, when made by the same person from the same cow's milk, so you will probably develop your own style of cheese. It is an interesting creative process; hope you enjoy it. In Part II I'll talk about healthy homemade desserts.



### ALTERNATIVE TO ANIMAL TESTING

It's good news for people and rabbits with the availability of new laboratory techniques for testing the safety of beauty products. Through the commitment of Blackmores Ltd, these tests are now available in Australia. Blackmores provided a grant to further the research on these test methods in the US. Now their accuracy is proven and we have made them available in Australia, so every cosmetic manufacturer can use them. The tests involve laboratory techniques for assessing safety of beauty products used around the eye area (e.g. shampoos, eye creams, etc) and products used on the skin. A separate test is used for each area, called Eytex and Skintex respectively. The product to be tested is reacted with a special protein substance. The method is able to measure the precise level of irritation a product would produce on the skin or eye. So far 17 of Blackmores beauty products have been tested. Results showed non-irritant to extremely low irritant levels in all products. The beauty industry has many ghosts. Its conscience should be troubled. Now all of this can be put to rest thanks to a scientific breakthrough propelled by an Australian company committed to natural health and beauty.

For more information on Blackmores range of natural beauty products, please contact. Pamela Stone, PR Manager. Ph: 02-949-3177.

### MUDBRICKS WITHOUT TEARS

An introduction to making, laying & rendering  
**MUDBRICKS**

the easy way, with Pam & Joe Hovel.

From making multiple moulds to sealing finished walls.

Available on Video at \$29.95 + \$3 p&p from:

Hohenhaus Productions, PO Box 974, Bendigo 3550.

### ALTERNATIVE PLANS AND PRODUCTS

The fourth edition of this popular catalogue is now available. The catalogue contains a listing of books, booklets, plans and infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, growing plants for profit, solar powered water pumps, water purification, biological building, chemical hazards, earth energy fields and geopathic stress, infrasound, vivaxus bands. Other titles include steam engine generator construction plans, methane gas generator plans, electric vehicle conversion plans for conventional cars, fuel cell construction, solar ovens and water heater plans, solar furnace, vortex tube heat and cold generator plans, free energy machines and magnetic engines and generators, herbal encyclopedia, composting toilets, specialised house construction methods.

Also included for 1992 are detailed plans and circuits for a practical, lightweight, solar powered electric car able to seat 2 persons. Complete information including computer software (basic). Prosperity from a pittance or how to live on less than \$30 a week. Maths Alogarithm Library – manual and disc on how to problem solve with your personal computer, including source codes, graphics etc.

For the Alternative Plans Catalogue: Send \$4 and stamps to. Alternative Plans, PO Box 487, Ashgrove 4060. Contact: Adrian Alcorn, Registered Address: 23 Glenore St, Mitchelton 4053. Ph: 07-354-2896.

## PHOENIX SEEDS



### NON-HYBRID OPEN POLLINATED GARDEN SEEDS

VEGETABLES, HERBS, TREES & FLOWERS

**CURRENT MAL ORDER CATALOGUE  
IS AVAILABLE NOW (FREE)**

A copy will be posted if you send  
your full name and address to:

**Phoenix Seeds, PO Box 207, SNUG 7054. 002-679-663.**



# PRACTICAL PUMPING

by Grey Baker & Robin Jean, Braidwood, NSW.

In this, the driest continent, water is precious and rarely comes when and where we want it. We can't do much about the timing; it rains when it is good and ready and usually at an inconvenient time. We can store it of course in tanks and dams but then comes the problem of getting it exactly where we need it. Gravity and air pressure are great ways to move water, but it is a rare farm that has all water collection and storage above where it is needed. Laying aside hydraulic rams, which are useful mainly if you have plenty of running water with a good fall, that means a pump is necessary.

Pumps are relatively cheap as farm machinery goes, so shouldn't break even the tightest budget. While they vary considerably in size, most farms will probably need one of the small combined water movers and fire fighters. Remember that even if you buy a pump with fire fighting in mind, it'll probably spend most of its life as a good old workhorse water mover.

## ENGINES

Take care when making your selection; all pumps in the great range available are not the same. There is probably not a lot to choose between the pumps themselves. Most are Australian made pumps built around Briggs and Stratton, Honda or Suzuki (Brihonuki) four stroke engines but there are other engines too and some Japanese companies make and sell their own brand pumps and engines.

Some manufacturers offer pumps with a choice of engines, suggesting that the choice really comes down to personal preference. Some people swear by Brihonuki engines, others swear at them. Ask around and get a few opinions from users and sellers and think over your own experiences with Brihonuki powered generators, lawn mowers or other gear. Finally, check over what the neighbouring farmers use and what the local stock and station agents have parts and can provide service for. If everyone uses Brihonukis in your area you'd want a very good reason to buy anything else.

## VALVE TYPE

Overhead valve (OHV) four stroke engines are mechanically slightly more complex but are more fuel efficient than side valve engines. They also produce more power output per cubic centimetre (cc) of engine size. My 144 cc OHV engine for example puts out 3.7 kilowatts (kW) of power while a neighbour's side valve puts out 3.9 kW but needs 201 cc to do it. OHV engines will always have the fact prominently displayed so if there is any doubt about the valve type it is probably a side valve engine.

## CHECKLIST

In addition to buying on brand name and valve type, check things such as:

- ease of maintenance,
- will the spark plug spanner foul the pump carrying handle?
- is it easy to replace the sump oil?
- location of controls,
- ease of use,
- presence of devices such as low sump oil engine cut out,
- provision of operating and maintenance manuals for both

engine and pump,

- provision of tool kit,
- warranty period and details,

## POSITION OF THE PUMP

The pump should be kept level and mounted to minimise the distance from the pump suction inlet to water level. This will mean you can run the engine slower for a given water output and increase the life of the pump. If you need to leave the pump set up in your absence, the pump will need to be higher and above normal flood level. You can do this on a pontoon, though you would need to arrange a flexible hose at the outlet to allow for variations in the pump height with respect to nearby ground level. This avoids the problem of rises and falls in the water level, but you should not become complacent about the pump's safety as flood water and debris can still carry the pump and pontoon way. Better still and most usual is to mount the pump on land. Because pumps tend to be a little unstable it is important to mount them on level ground and perhaps even bolt a couple of steel bars to the mounting points to make it difficult for the pump to be overturned. An old wheel and tyre make an ideal mount.

- Don't mount the pump so that exhaust gases can accumulate in a habitable space or so that exhaust gases can become a large proportion of inlet gases.

- Don't mount the pump in long, dry grass because of the possible fire hazard from the hot exhaust.

## COVER

Keeping the pump under cover except when in use will prolong its life. Items like mufflers will rot out quicker if exposed to the weather between uses and replacement parts are disproportionately expensive. It makes no sense to let your pump rot away. An old refrigerator case makes an excellent pump cover; you may find one at the local tip. While a pump house fully enclosing the pump looks attractive it allows the build up of heat and exhaust gases because of the restriction to circulation of air. A solid brick or stone pump house can also dam water inside if you don't allow sufficient drainage and ventilation holes and can make access to the starting rope difficult.

## SUCTION HOSE

The suction hose is usually 50 mm (2 in) in diameter and is a solid hose reinforced so that it will not collapse when the pump is operating. Holes will render the suction hose unusable so it should not be maltreated. I prefer to use a solid steel reinforced black rubber hose, but the translucent helically wound plastic versions are satisfactory if treated with great care. Suction hoses are often sold separately to the pump and it will pay you to shop around for it. Suction hose and fire hose and nozzle kits are not necessarily the best way to go because the fire hoses are fairly short and the nozzles not the best available.

Suction pipes should have a screen on their inlet end and usually are sold with them already attached. This is particularly important if the inlet of the hose is to lie on the bottom of a dam or creek. To keep suction hoses in clear water off the bottom, tie a well sealed and empty four or five litre plastic container

to the strainer end. Slipping the suction hose inlet into a bucket will keep the inlet screen off the bottom and provide a further level of protection from sucking debris into the pump itself. Remember to lie the bucket on its side when the water is shallow or you may more easily run the pump dry. It is a good idea to tie the bucket to the suction hose inlet screen so that you don't lose the bucket by rolling deeper into the dam or in an unexpected flood.

Finally, so that you don't lose the suction hose leather or rubber washer, tie a piece of string around the hose. Make sure to tie the washer to this string every time you remove the suction line from the pump.

## OUTLETS AND PIPING

The high volume pump outlet is usually a male 35 mm thread. Attaching a pipe of less than 35 mm to this outlet will give poor performance because pipe wall friction losses will be high. This wall resistance to the flow of water in pipes is inversely dependent on diameter and dependent directly on what is called the resistance co-efficient of the pipe.

Most pipes will be standard black polyethylene pipes and so you cannot affect the resistance co-efficient. However, changes in pipe diameter and bends and fittings also introduce losses, so keep these pipe transitions to a minimum. There is no sense using fuel, increasing the wear rate of the pump and engine or buying pipe fittings unnecessarily so carefully design your pipe system to minimise pipe junction and diameter changes. Stock and station agents keep a good range of fittings for black plastic pipe. Browse their shelves at the design stage to see what is possible in your situation.

For that large water moving outlet, use a 35 mm outlet pipe or better still a 50 mm pipe to take the water to where you want it. Burying the pipe at least 30 centimetres deep will protect it from mechanical damage from vehicles and machinery. In addition, it will be protected from the long term effects of sunlight and from bushfires. There is no sense having your pipe destroyed by fire when you are relying on it to save your house.

## FUEL

Manufacturers usually recommend unleaded petrol and there is no reason to use anything different. Store pump fuel in a container designed for petrol: old plastic bottles are dangerous and should *never* be used. Preferably always use the same fuel container and label it so that anyone else using the pump knows which fuel to use.

Using a funnel when refuelling saves the waste of spillages and the danger of fire if you start the engine while there is fuel still over it. If there is spilt fuel, wait until it evaporates before starting. After refuelling take the fuel and funnel at least three metres away before starting the pump. Never remove the fuel tank cap or refuel the engine while it is running. Preferably allow the engine to cool for a few minutes before refuelling and do not overfill the tank. Make allowances for the fuel tank filler cap which often has a large projection underneath. Make sure the cap is secured properly before restarting. Finally, never smoke while refuelling.

## STARTING AND OPERATING

The first step is to prime the pump itself. Unscrew the priming plug and pour in clean water until the pump housing is full of water. A watering can with the rose removed makes an ideal

primer. Replace and tighten the priming hole plug. To start the engine, first check the sump oil level and top up if necessary. Refuel and remove the fuel container and funnel then turn on the fuel tap and close the choke. With the throttle in the idle position, slowly pull the starter rope until you can just feel resistance. Then pull hard on the starter rope to start. Don't let the starter rope go; allow it to recoil slowly with your hand on the handle until it is fully rewound.

If the pump does not start repeat a couple of times until it does. If it still does not start open the choke and start like that. As soon as the pump starts open the choke and allow the pump engine to idle for a few minutes to warm up. Then gradually open the throttle and allow the engine speed to build up to the required speed. Children as young as six to eight can be taught the starting sequence and can start the pump with a two handed pull on the rope starter if you have the pump well secured.

To stop the pump, gradually reduce the engine speed until it is idling before operating the ignition cut-out switch. Then turn the fuel tap to the 'off' position and replace the pump house or its cover. If the outlet is downhill of the suction line inlet screen, break the suction by withdrawing the suction hose from the water source. If you don't, the pump may act as a part of a siphon and continue to move water after you have switched off. Of course, if you aren't in a hurry to move water you can use the pump to start such a siphon then turn it off to save fuel. When you have moved enough water break the inlet suction to stop the siphon.

## MAINTENANCE

Carefully following the advice given in your owner's handbook will lead to more satisfactory operating, minimise repair costs and prolong the life of the pump. If you have the patience to keep a log book of hours run it will pay dividends, telling you exactly when you need to change the sump oil, clean the air filter, fuel bowl and fuel strainer and to re-adjust the spark plug gap and valve clearance. Changing the sump oil when the engine is hot from pumping will mean the oil is thinner and will drain more thoroughly from the sump. All other maintenance procedures are best done with a cool engine even if only to save yourself from burned fingers.

## BASIC TROUBLESHOOTING

Troubleshooting can sometimes be an art rather than a science, but there are a few things to look for which will help you develop a feel for what you are doing.

If the engine runs but doesn't move water, check that the pump is primed, that the suction hose is in the water, that it has no holes and that the inlet screen is not clogged with debris. Check that the hose outlets are not clogged with dead frogs or tadpoles and walk the lines to check that a coupling has not come undone somewhere out of sight. If you are unsure even then whether the pump is working, undo one of the unused pump outlets and see if it gushes water. Finally, look at your pump's specifications and check that you are not trying to push against too big a head or that the head is not too limited by a large suction head.

If the engine runs roughly, check that the choke is open, that the spark plug is clean and gapped properly and that the fuel is clean. If you doubt the fuel's cleanliness, you may need to dismantle the carburettor to clean out the jets and the fuel bowl.

If the engine won't run check that the fuel is turned on, that the ignition cut out switch is turned to the run position, that the aircleaner is clean and clear and that the local wasps haven't jammed the exhaust outlet with mud and paralysed spiders.

### STORING A PUMP

If you need to store the pump for any period of time, drain the petrol from the fuel tank and the carburettor bowl, change the sump oil and then pull on the rope starter until you can feel resistance. This ensures the valves are both closed and will reduce the possibility of engine corrosion. Finally, wrap the pump in a plastic sheet and put it under cover in a dry and dust free area.

A well maintained pump and carefully designed pipe system will give many years of service to your farm. For this the outlay is small but the benefit to animals, gardens, crops and tree planting programmes is enormous.

## HANDY HINTS

### OVER-RIPE TOMATOES

To firm over-ripe tomatoes before using them, put them in a bowl of cold salty water for 15-20 minutes.

### SEWING JUMPERS

Join a knitted jumper with bobby-pins before sewing it up. It can be tried on and correctly fitted without the pins falling out.

### YELLOWED WOOL

For woollen garments which have yellowed with age, rub with a brush dipped in ammonia. This restores original freshness.

## ORGANIC SMALL GROWERS

We would like to pass on to all readers of *Grass Roots* that a new group has been established to look after the interests of small organic growers – Organic Small Growers Australia (OSGA). This group has been incorporated and is up and running, starting to certify or accredit small organic farmers. The cost per small organic farmer is \$60 per farm per inspection. Associate membership of OSGA is \$25 and corporate membership is \$50. Membership of OSGA is by local organic organisations that support OSGA membership. The cost is \$1 per member of the organic group. Small organic farmers who have had their farm inspected can sell their organic produce by the OSGA Certification labels as follows:

Green Label is OSGA Organic Level 1

Orange Label is OSGA In Conversion Level 2

Red Label is OSGA Uncertified Level 3

These labels are issued after farm accreditation under the OSGA Farm Organic Standards. Copies of OSGA's aims, organic standards and farm accreditation standards are available from: The Secretary, Organic Small Growers Australia, RMB 1552, Benalla 3672. Please send a stamped self-addressed envelope, plus \$5 for published comprehensive standards.

OSGA also offers co-operative marketing for freshly certified organic produce. This system streamlines the procedure for sale of accredited OSGA organic fruit and vegetables directly from farm gate to fruit and vegetable shop/restaurant/wholesaler through an integrated computer system.

For more information and farm accreditation please contact OSGA (Organic Small Growers Australia), RMB 1552, Benalla 3672.

## TEXTILE SEMINAR

Spend the last weekend in April in Mittagong, NSW enjoying the trade displays, open house in classrooms (work done by the FORUM '92 participants); sale of works by tutors and students of the FORUM; slide talk on 'Idea Into Image'; Keynote address by Michael Bogle on 'Undiscovered country, Creativity and Fibre'; seminar on 'Critical Writing for the Textile Arts'; an investigation of 'Imagery and Woven Tapestry'; 'Nothing Succeeds Like Excess' by Patricia Black and more. Dates are Friday, 24th – Sunday 26th April. The cost of \$100 includes a single room for Friday and Saturday nights plus full attendance at all events from Friday afternoon to Sunday lunchtime (you supply your own food or buy meals on the spot, at Frensham, where the seminars will be held). Other pricing possibilities: Saturday only, midday to 10 pm is \$40. Sat/Sun plus a room for Saturday night is \$80.

For full details, send an SAE to TAFTA, PO Box 192, Mittagong 2575 (TAFTA is publisher of 'Textile Fibre Forum' magazine). NOTE: you can also inquire about space in some classes for the full week of FORUM '92 workshops, April 20-26th, 1992. Write today! (Mittagong is half way between Canberra and Sydney).

## BLANKET PATTERN

by Mary Butler, NZ.

This is a good article on which to use up all those odd singles of spun wool.

Cast on 200 sts. on 8 mm (No 0) circular needle. Knit 6 rows in garter stitch. Knit 12 rows in pattern.

Pattern row: k 5, k 2 tog, wool over needle, continue to last 6 stitches, k 6.

200 stitches is length of the bed. Continue knitting in the 18 rows above until required width for a double or single bed and finish with 6 rows garter stitch.

For a cot blanket cast on 120 stitches.

Reprinted from the newsletter of the Victorian Handweavers and Spinners Guild, Nov 1979, 3 Blackwood St, Nth Melbourne 3051.



**Natural undyed 8ply knitting yarn**  
WA Merino wool in 4 harmonious colours  
Skeins of 250g at \$12.00 each (postincl)  
For orders \$48 (1kg) and over you will receive  
a set of handcrafted wooden buttons  
made from fallen limbs on our bush property.  
Please tick colour and state quantity.

<input type="checkbox"/> FARM BROWN.....	QTY.....
<input type="checkbox"/> SLATE.....	QTY.....
<input type="checkbox"/> STORM GREY.....	QTY.....
<input type="checkbox"/> DRIFTWOOD.....	QTY.....

NAME.....  
ADDRESS.....  
.....  
Cheque or Money Order for \$.....  
Please return this ad with payment to:  
AUSSIE YARNS  
400 PICKERING BROOK RD. PICKERING BK. WA 6076  
We stock all your knitting and spinning needs!

# DARNING

by Elsie Hoare, Berwick, Vic.

Recently I was wandering around our local craft market when I came upon a woodcraft stall and was delighted to see, among the beautifully turned bowls and plates, a collection of darning mushrooms. Immediately I was thirteen again, sitting by the loungeroom window with one of my white cotton school socks pulled over the darning mushroom that lived in my mother's work basket, while my needle, filled with several strands of white sewing thread, did its job, back and forth, over and under, filling up yet another hole in the sock's heel.

It was my job to keep my socks darned and I pretty soon learned the truth of the saying, 'A stitch in time saves nine'. Attacking the job while the hole was small meant it was quickly finished. I was always glad when the time came that I began darning a hole in a previous darn, because that meant that I could have a new pair of socks. Later on I acquired a darning mushroom of my own; a racy model in cream and green bakelite (a forerunner to plastic) with a detachable dome which held a torch globe that could be illuminated by a battery, to make darning black socks easier. It is a facility I have never bothered to use, but the mushroom itself is still in service today.

In the years since my childhood the throw away society that has developed has made darning an unfashionable craft, but its usefulness applies as much today as it ever did, not only for socks, but for anything sewable that has worn into a hole. I find darning quite as absorbing as tapestry, embroidery or knitting, and as with these crafts it can be picked up to add a few rows when times permits, and it is money-saving into the bargain.

As with any mending job, the yarn chosen for darning should be able to withstand the same washing and ironing conditions as the item which is being repaired. The item should be smoothed into its original shape and anchored over something that will keep it that way. A darning mushroom is great for socks but you can use an upturned glass, a cricket ball or a lighted torch, or for tiny socks an egg cup or golf ball. For flat areas it is best to use an embroidery hoop or pull a wire coat hanger into a hoop and attach the item with clothes pegs or safety pins. Or try a cutting board or some stiff card. Whatever you use, make sure it is large enough to include the worn area around the hole as this will need a few reinforcing stitches.

Choose a long sewing needle with a large eye and thread it with a suitable yarn. For blankets a single thread of twelve ply knitting yarn, or two strands of eight should do. A T-shirt or windcheater might need two or four strands of sewing thread. For thick cotton walk socks I use four strands of sewing or a single length of knitting cotton. It's best not to knot the ends of the mending yarn, especially for socks as even a small knot can feel like a boulder when a shoe presses it into the foot. Instead, work a few tiny running stitches back and forth across each other until you feel they will hold, then work your reinforcing stitches over them and they should stay put.

## TO WORK THE DARN

Darning is in fact a woven patch which is worked across a hole with a needle and yarn, but without the aid of a loom, so I will use weaving terms to make this description easier to follow.

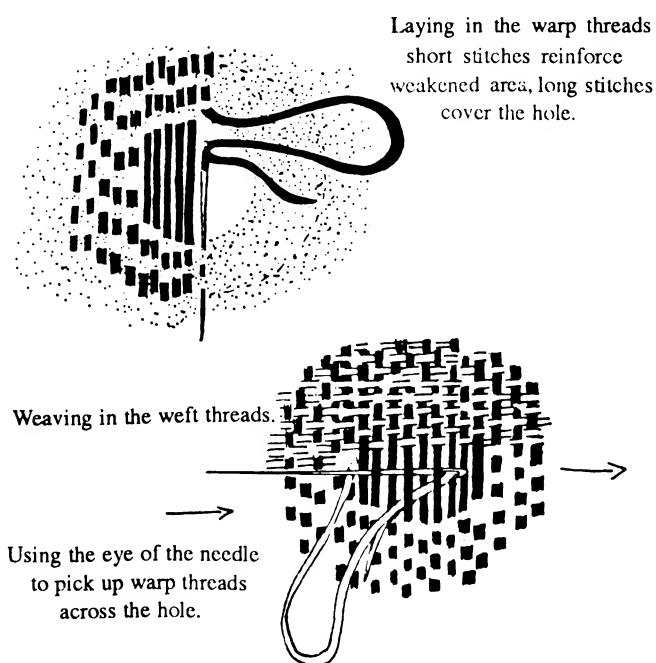
## Warp

Starting at one corner of the weakened area which surrounds the hole, and working with the weave of the fabric, make a row of running stitches across the work to the other side. I call this row a warp row. Turn the needle when you reach the strong fabric at the edge of the worn part and lay another warp row of running stitches, close to the first, back the other way. These need not be carefully even stitches because their purpose is only to reinforce, not to be neatly woven. Continue this way, laying warp rows of running stitches across the worn area until you reach the hole. Lay the thread across the hole and pick up the fabric on the other side and continue with the running stitches. On the return stroke lay the thread across the hole again, close to the last thread. Beware of pulling the yarn too tight, thus causing the mend to pucker instead of being flat. Continue working until the hole is covered with warp threads and all the weakened area is covered with running stitches. You can see the advantage of getting to the mend while it is only small.

## Weft

When it comes time to weave your darn, turn your work so that you are working from right to left and back again just as you would on a loom. Work running stitches across the reinforced area as you did before, until you get to the hole. There you must, as in weaving, take your thread over and under the warp threads alternately, then pick up the fabric at the other side of the hole and continue with the reinforcing stitches. Pack the weft rows firmly each time you pick up a row, by pushing the needle against the work of the previous row.

**Tip:** When weaving weft rows across the hole, turn your needle round and pick up the warp threads with the eye instead of the point. The eye, being blunt, will go between the warp threads without splitting them. Turn the needle back again to use point first to continue with the reinforcing stitches.



# Garden and Paddock Health

by Pat Coleby, Thoona, Vic.

I never see the point of doing unnecessary work and I operate on a pretty tight shoestring financially so cannot do anything that requires big spending. I like reasoning things out, and often ask myself 'Why does such and such a plant grow in that paddock and not in this one?' Assuming of course that the stock has not been so hungry that it has eaten everything in the clear paddock. I was the only farmer on an irrigation system that did not have a perennial battle with Patterson's curse after they cleaned the channel. This involved throwing the mud (and the Salvation Jane seeds with it) out on each bank. On my farm once it had been heavily topdressed with dolomite (1 tonne to the acre), this ceased to be a problem.

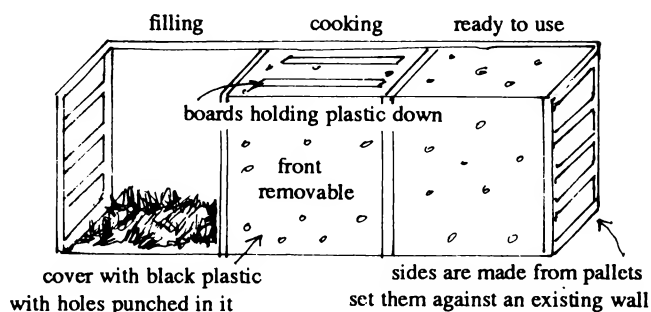
Organic farming and gardening is not just a list of things one must not use; it has a positive aspect as well. Sir Albert Howard's *Agricultural Testament* written early this century, is still as pertinent now as it was then. He was an exponent of compost, and due to the favourable conditions in India where he conducted his 'Indore Experiment', he was able to make this in quantities sufficient for paddock topdressing as well as for gardens. This is not, unfortunately, possible in most parts of Australia, but we can all have thriving garden compost heaps without too much trouble. Albert Howard said that if one could spread an inch (2 cm) of compost over a given area, plant-destroying insect pests would cease to be a problem. I have found he is right. My garden abounds in young lettuces – and apparently snails judging by the tracks – and all sorts of vegetables prone to insect attacks and they all just sit there looking happy and uneaten, except by me!

Unpalatable as it may be to be told that pests only attack sick plants, when one is struggling to stop slugs, snails, earwigs and other pests attacking one's hard grown crops, I fear it is true. Once the soil fauna are active and flourishing enough, the vegetables follow suit, but it does not happen in five minutes. I work on the no-dig method, just putting on more compost as it is needed, usually round the new plants as they start to get big enough not to be swamped by it.

## COMPOST

The compost is made of weeds (not kikuyu and similar grasses, but everything else), household waste and applications of goat manure with either hay, straw or sawdust with it, according to what is being spread on the floor of the goat shed. It can be any type of animal waste as long as there is some organic matter with it. Colin Handrick, who was, and may still be, with the CSIRO in SA, has done some excellent work on composting and said that as long as there was 10 percent animal manure in it you can use plain sawdust as compost or topdressing material, without causing loss of nitrogen. If you use sawdust, straw or any other similar organic material without the animal manure, you will have to allow for a depletion of nitrogen while the soil gets its act into gear to rot down the organic matter.

My compost heaps are kept damp, but I no longer bother with the hard work of turning them. When I lived in a very arid area, with only tanks for water I once worked out that a compost heap a metre square all ways, took 80 gallons (roughly 400 litres) of water to activate it. A fact that Albert Howard points



out in his book, but compost gurus who live in damp areas are apt to pass over. Three heaps run on a permanent basis seems to work well: the one you are filling up, the one that is 'cooking' and the one that is being used. The compost heaps are also a prolific source of worms for would-be fishermen (and a friend's tortoise) with plenty left for the garden.

## GARDEN HEALTH

I have managed to get nearly all non-hybrid crops now, which means I either have to save seed from them (which I do from the maize) or, (as with most other plants) let them self-seed, planting them out to another bed as they grow large enough. Cos and other lettuces keep up a steady supply this way.

My fruit trees are heavily mulched with rotten hay and manure from the goats; I find no pest lasts more than a year under that regime. I used to plant tansy under them, but found it was inclined to take over, so now they get a top dressing with manure, some dolomite, and rotten hay if available. This seems to take very effective care of leaf curl, codlin moth etc. Two large lemon trees which were covered in black dusty fungus when we came had two inches of straight manure from the sheds spread under them (the goats are well fed with minerals, especially copper), well watered in, and in two weeks the fungus packed up and left. The process is repeated twice a year, with a handful of dolomite added occasionally.

The point of all this is that the pH right through the garden and orchard is now a healthy 6.8 or thereabouts; it was 4.3 when I came (the garden was sourer than the paddocks). There was abundant sorrel in the garden and not much else, except rampant creeping grasses of every variety - the earth actually smelled sour. Bitter experience tells me that nothing except hard work clears up the creeping couch type grasses and I nearly have them under control now. But I was intrigued to read in a very good ecological paper (*Acres USA*) that all sorts of couch, kikuyu etc is associated with a low soil pH. Farmers have asked me what to do and I suggested that maybe the balancing of the paddocks and raising the pH may do it for them. I would of course have to be different, but I have not found that plantations of comfrey (which some people advise) deter the wretched stuff; it creeps through and across a metre wide strip.

To remove creeping grasses I slide a sharp spade under it as deep as I can, deep enough generally not to disturb growing vegies, and pull the grass and its roots out. It is put out in the paddocks, and often the horses and goats pick it over – all those grasses are very nutritious.



When a garden reaches the stage where the pH is right, provided compost is kept up to it to replace the plant matter that is removed, there should not be problems. Birds are the exception, and I fear that a cage for the fruit trees in the garden, such as we always had in the UK, is probably the answer to that problem. I've tried most things including nets over the bushes (from which I'm always disentangling birds), small active dogs chasing the birds away but, especially when the weather gets droughty and the birds hungry, it's a losing battle.

Of course there are always weeds, but the non-persistent sort like chickweed make good ground cover and, provided they do not strangle the seedlings, are best left until either they are covered up with the next application of compost or pulled up and put on the compost heap or cut with a hoe and left to rot in on the surface; all three methods have their place.

## PADDOCK HEALTH

As far as the paddocks are concerned it is much easier to raise the health of the soil than try to eradicate the undesirable species. The really undesirable weeds that take over such as capeweed, Patterson's curse, barley grass, sorrel, hoary cress, onion weed and bracken like a depleted soil with a low pH. So do fog and other low quality grasses. Nettles and most thistles only grow on good ground, but they do make excellent green manure and/or compost. Thistles are best cut *before* they flower.

The remarkable thing is that as you raise the soil profile, and how quickly you do it depends on available money and time, the undesirable plants disappear of their own accord and the hard stemmed grasses, vetches, trefoils etc take their place.

I discovered quite by accident how to cure bracken infestations – it does not like a soil high in animal manure. I spread manure across the paddocks, as suggested by Fukuoka in his first book *One Straw Revolution* and when I put it out on the bracken infested areas bracken does not reappear the next year, or only very weakly. Others have reported the same result. Bracken is not as dangerously poisonous as many people believe, a little was always considered good for the stock in the UK. It is only bad news if there is nothing else for stock to eat as it is a cumulative poison.

Improving paddock health is rather the same as in the garden. Getting that pH up to about 6.0 to 6.5 by means of topdressing with dolomite or whatever sort of lime is needed depending on a soil analysis, is the start. Added to this the use of an aerator in some form or other, which has an action worth about a quarter of a tonne of lime to the acre in sweetening sour compacted soils, is really essential as far as I am concerned. I have a Wallace which does have one great disadvantage for me, that in some years, such as we have just had when the season went from dead dry to boggy in a short time and then reversed the process equally quickly, there was not time for me to get the paddocks done. It needs a few weeks of stable weather with the soil damp enough to work it, but it really is good once you can do so. Remember after using it that heavy stock like cattle must be kept off for six weeks; smaller animals unless in very high numbers are OK.

Another great paddock rejuvenator is a mulcher/slasher, which unfortunately I do not have as a 'Fergy' tractor can't handle one, but any paddock not wanted for hay, should be done, whether there is stock on it or not. The vegetation should be 'topped', not razed to the ground, and allowed to mulch

back; it is the next best thing to composting.

Do not believe the purveyors of expensive paddock mixtures when they exhort you to buy their seeds. Sown on an unhealthy paddock, whether you rip it up or not, it is a waste of time and money. Improve the soil first and then, as like as not, you will find the desirable species have arrived of their own accord and you have saved your money anyway!

After a year or two of the above treatment, paddocks that showed bare soil lacking in worms will be found to have a layer, which grows steadily each year, of friable, healthy looking, dark soil, and eventually, except when very dry, it will be quite easy to push a spade down full depth into the paddock soil and bring up a lump of soil bursting with healthy activity and with a pH somewhere in the high sixes.

More of Pat Coleby's excellent advice on soil and animal health can be found in her new book *Farming Naturally and Organic Animal Care*, \$16.95 posted, from Night Owl Publishers, PO Box 242, EUROA 3666.

## PENPALS

Hi, everyone, I'm female 13 years old and interested in horses, music, art, boys, down-to-earth movements and writing letters in my spare time. I'd love anyone around the age of 13 to write to me.

**Jo Farrell, C/- PO Box 242, EUROA 3666.**

Hi! My name is Buffy Mackay and I'm looking for a penpal between the ages of 9 and 13. I'm 11 years old and like animals, especially horses and cats, jazz ballet, playing the guitar, cooking, gardening and heaps, heaps more. I would like either male or female penfriends. Will answer all letters.

**C/- PO Box 242, EUROA 3666.**

Hi, my name is Jessica Horton. I live in a small town called Walla Walla. I am nine years old. My hobbies are, horseriding, reading, playing the keyboard, making a mess. I will answer all letters.

**6 Wenke St, WALLA WALLA 2659.**

Hi, I am 8 years old and will be 9 in April. I have just moved down the coast and I live on a farm and I have a dog and two rats. My hobbies are stamp and sticker collecting. I will answer all letters.

**Clare Taylor, C/- PO Box 242, EUROA 3666.**

Hi, my name is Kylie Polanowski. I am 10 years old. My hobbies are animals, especially horses and dogs, reading, swimming. I have chooks, a dog and a cat. All letters answered.

**C/- PO Box 242, EUROA 3666.**

Hello, I'm 22 years old and married with no children. I'm dying to get some penpals, I love writing. I'm interested in writing to just about anyone who can write back. I've got stacks of interests such as cooking, drawing, music, craft, gardening, building, photography, alternative living. I would love to hear from you!

**Annette McKeon, 2a Evelyn St, GEELONG 3220.**

## CRYPTIC GRASSWORD Continued from page 45.

T	R	O	U	P	E	+	S	M	U	D	G	E
A	+	R	+	I	+	+	+	O	+	E	+	S
C	R	A	F	T	+	B	+	U	N	L	I	T
K	+	T	+	C	O	U	R	T	+	T	+	A
L	E	E	C	H	+	S	+	H	E	A	R	T
E	+	+	L	+	+	T	+	+	N	+	+	E
+	+	C	U	L	T	I	V	A	T	E	+	+
B	+	+	B	+	+	C	+	+	E	+	+	A
L	E	A	S	T	+	K	+	E	R	R	O	R
E	+	W	+	A	G	E	N	T	+	A	+	C
A	G	A	I	N	+	T	+	H	U	N	C	H
R	+	S	+	G	+	+	+	E	+	G	+	E
Y	A	H	O	O	S	+	F	R	I	E	N	D

# Down home on the farm. . .

by Megg Miller



These last two months I've been an inspired gardener. Most summers I find the battle with the elements and trespassing poultry too great but this year weather conditions have been more favourable. I've erected additional fences to keep birds out and I've felt highly motivated. At the end of January I attended the Grow Organic weekend organised by the East Gippsland Organic Agriculture Association at Ontos, a 300 hectare health retreat farm. The gardens there are both beautiful and productive; for inspiration and spiritual awakening one need go no further. I also managed to visit several gardens belonging to members of the organic group and was amazed by the diversity exhibited. Attending the weekend too was gardening author Jackie French and seed savers Jude and Michel Fanton. The learning exchange didn't stop at the end of the formal sessions either, meals and spare time were spent in heavy discussion with people who started the weekend as strangers but walked away on the Monday as friends. The pure mountain air, blue skies and convivial company refreshed me immensely; I could hardly wait to get home to plant the packets of seeds Michel Fanton had given me which were burning a hole in my pocket.

From time to time we all get bogged down in our lifestyle so the opportunity to meet and talk with other keen gardeners or farmers like those attending this weekend is important. What was especially nice too was that in this instance people shared a common interest in the old varieties of useful plants (and poultry too, for that matter). One garden I visited had something like 25 different varieties of beans growing, a genetic smorgasboard, and one of the talks over the weekend had focused on the qualities of old fashioned potatoes. The final evening several of us were invited to dine at a nearby property where we sat down to a feast of homegrown vegetables, fresh peaches and ice cream made from cream from the house cow, the fruits of many hours labour by Bill and Vanessa. It was a delightful evening and summed up the generosity of the people in that neck of the woods and the breadth of self-sufficient living practised by many in the local organic group.

Because of continual deadlines and managing the many and varied poultry I don't get the opportunity to go away for many weekends. I went off with second thoughts about leaving chickens for that length of time but I needn't have worried. I'd left the stock in very capable hands, Sunshine's, with a little assistance from David. Suni had arrived back in Australia some two weeks earlier and had just thrown off the jet lag and was gearing up for the new school year. After 12 months of urban living in one of the most sophisticated areas of the world her efforts carrying buckets of water and wheeling barrow loads of mash were most impressive. I'm sure I'm mixing metaphores, which is considered heinous, but it pleased me to think that you can take the child from the country, but you can't take the country from the child.

Settling in hasn't been instant nor has it been easy for Suni and to compound matters she has the additional demands of

preparing food and running a flat while meeting the constant work requirements of Year 12. We've heard few complaints about the down side of flatting yet. Both Suni and flatmate Suzanne seem to be coping with the practicalities of life and, with the help of friends, are even managing to get a little garden going in their pocket sized backyard.

Weekends home have developed a new focus, it's no longer just a place to catch up on sleep but a supply of untold resources. 'What happened to my old curtains?' 'Do you have a salad bowl I can take back?' 'Any spare potpourri for me?' When load up time arrived at the end of Suni's first weekend home I felt rather like the operator of a holiday home; 'Excuse me madam, but could we check to see all the linen and cutlery are accounted for?' I retrieved a guest towel from amidst her bags with accompanying 'tsk tsk' noises. 'Oh sorry' said Suni, totally unabashed. Need I add that this particular weekend ended with David misplacing his glasses and holding everyone up until they were found, then the dog was caught chewing the budget sized block of cheese that was supposed to last Suni forever. By the time we said our farewells no-one knew who had what and each of us was decidedly testy. With Suni's months of absence I'd forgotten the funny dramas of family life.

David has also become a weekend visitor, squeezing in trips home between his jobs on the farms. I try not to meet him at the door with a long list of woes (or jobs) because it doesn't take much to bring a glazed look to his face. There always seems some problem I can't fix on my own, which infuriates me, but equally there are times when I'm glad I have someone to lean on. We have a particularly nasty job awaiting us now - a possum in the large water tank. One of us is going to have to get into the tank to collect the remains and scoop out leaves and rubbish; I think I'll be content to pass the tools on this one!

You would think that with both David and Suni away much of the time I'd be looking to fill in my hours. Far from it. As usual there are birds everywhere and while most will be sold off over the ensuing months they are a handful now. Merle the mixed up Merino has been difficult lately and has broken several doors which I'll need to fix and I have something like 30 poultry sheds to clean out and delouse. When I stagger in exhausted I make for the garden and soak up the peace and tranquility. Trouble is when I open my eyes with contentment they usually alight on half finished jobs and all thoughts of relaxation vanish. Does one ever finish?

## GRASS ROOTS BACK COPIES

All issues except numbers 1-8, 10, 11,  
14, 16, 17 are available.

Only \$3.50

Send a long stamped addressed envelope for the  
Grass Roots Back Copies List

Night Owl Publishers, PO Box 242, EUROA 3666.

# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## **THE FARM FISH BOOK – Edited by Gordon McCormack & Peter Jackson.**

Expert advice on all aspects of keeping fish in your dam will be found in this book. You will learn what species to keep and what not to keep, needs of fish, how to catch them, effects of chemicals, how to cook them, fish biology and much more. Each section is written by a different Queensland Department of Primary Industries expert and is written in a very readable style in terms anyone can understand. Any person on the land wishing to extend the usefulness of their dam(s) will find this a valuable publication. The QDPI is to be congratulated for the continuing high standard, readability and practicality of its many publications on all matters agricultural.

P/b, 96 pp, Queensland Department of Primary Industries, GPO Box 46, BRISBANE 4001. RRP \$15.50 incl p&p.

## **LOOK AFTER YOURSELF: THE HEALTH HANDBOOK FOR OLDER PEOPLE – Alan Stewart.**

This lively, optimistic and practical book should be recommended reading for all elderlies, their families and their doctors. It deals with the changes brought about by aging, both the normal, to-be-expected, gradual changes, and those which may be cause for concern. An excellent section on living alone treats this difficult time with sensitivity, practicality and humour which is summed up beautifully, in this quote from a widower living alone, 'I've got all the pains in the world when I'm at home, when I go swimming and dancing and keep fit I forget all about them.' There is a very useful chapter discussing when and whether to move to more appropriate accommodation another on food and exercise, and a chapter of essential information about dealing with the health system. This book, plus caring and sensitivity from others, will go a long way to ensuring that the author's assertions, 'It's OK to be old...It can be great to be old,' are increasingly accepted in our youth orientated society.

P/b, 180 pp. Aust, Allen & Unwin, RRP \$12.95.

## **AUSTRALIAN HERBAL CRAFTS – Kim Fletcher.**

From making craft items for your own use or as gifts, to selling them at craft markets to earn a little pocket money, to setting up a regular business, this book offers a wealth of advice. There are clear instructions for making many popular and unusual herbal items: pot pourris and pomanders, soap balls, necklaces, many lavender gifts, tussie mussies, herbal stationery, wreaths and an exciting array of gourmet edibles. Excellent advice is offered on presenting your crafts, whether as gifts or for sale, and display and selling hints for those interested in this aspect. The text is complemented by delightful black and white drawings, making the book a pleasure to read, or a good choice as a gift for the craftily inclined.

P/b, 138 pp, Aust, Penguin Books, RRP \$16.95.

## **YATES GREEN GUIDE TO GARDENING – Allen Gilbert.**

The modern trend of gardening with concern for the whole environment, rather than just one's own little plot, is encapsulated in this book. Gardening systems and methods must contribute to the creation of a stable, sustainable environment, reducing waste, pollution and energy consumption and improving soil fertility. Organic gardening methods are defined and described in a concise down-to-earth manner. Specific detailed instructions, as well as many unusual hints, are provided on growing vegetables, herbs, garden trees, fruit trees and on companion planting. You will learn how to use worms, compost, organic fertilisers and environmentally safe pest control methods to best advantage in your 'green' garden. Whether you are just getting started or are an old hand you are sure to find inspiration and practical ideas in this well presented book. Colour photographs and line drawings enhance the text.

P/b, 115 pp, Aust, Angus & Robertson, RRP \$12.95.

## **ANNIE'S COTTAGE CRAFTS – Anne Mayne.**

Anne Mayne's second craft book is just as practical, well presented and inspiring as the first. All the crafts described are easy and inexpensive, requiring no previous special skills or equipment. Many items can be made from household scraps and natural materials found in the garden, bush or at the seaside, and many are suitable for children to make as gifts. For those interested in making craft items to sell there is useful advice on marketing the finished products. All instructions are simple to follow and each item is illustrated with drawings and patterns where necessary, and coloured photographs. The book would make a very acceptable gift for anyone interested in crafts, including older children.

P/b, 56 pp, Aust, Kangaroo Press. RRP \$12.50, incl p&p; from Anne Mayne, PO Box 561, MUDGEE 2850.

## **HOW TO BUILD A METAL MELTING FURNACE – Jim Allowyn.**

This book is another in the excellent home workshop series from Trendline publishing. It features the design of a simple, efficient furnace, small enough for the home workshop but large enough for small scale commercial applications. It is a solid fuel, crucible furnace, using coke, coal or char, capable of melting and casting all types of common metals: lead, zinc, aluminium, cast iron, stainless steel and mild steel. Construction is based around a 60 litre oil drum and other materials are readily available (addresses supplied). As with all this series this is an extremely practical book for the home handyperson wishing to extend his/her activities, and particularly suitable for those working towards self-sufficiency.

P/b, 22 pp, Trendline Publishing Co, GPO Box 1889, Sydney 2001, RRP \$11.00 incl p&p.

## **COMMERCIAL HYDROPONICS – John Mason.**

The author, an experienced horticulturalist, has produced an extremely comprehensive and useful book for those interested in developing a commercial hydroponics farm, but anyone interested in a smaller home application will also find it of great benefit. The emphasis is on how to grow a range of specific plants in hydroponics, rather than the mechanics of setting up a system. Advantages and disadvantages of various methods and growing mediums are discussed, enabling growers to decide what is best suited to their needs. A detailed chapter on plant nutrition clearly explains this important aspect. Possible pests and diseases are described and illustrated and treatments suggested for controlling them. Sensible advice is given on managing a hydroponics business and marketing the produce. The book is well illustrated and formatted and written in layman's terms so you don't have to be a scientist to understand the scientific explanations.

H/b, 172 pp, Aust, Kangaroo Press, RRP \$29.95.

## **FIELD GUIDE TO THE NATIVE PLANTS OF SYDNEY – Les Robinson.**

The author, a keen bushwalker and environmental campaigner, wanted a book illustrating every native plant species in the Sydney area. Such a book did not then exist, so, after eight years of work and 1370 drawings, he produced it himself. The first section of the book contains explanations, habitat descriptions and a comprehensive key to using the book. The bulk of the book is organised into easy-access sections and subsections with comprehensive descriptions and drawings. Clear line drawings illustrate identifying characteristics such as leaves, fruits, seeds and flowers. As well as botanical information, interesting facts are provided about many of the plants including history, ecology, poetry, literature and Aboriginal and European uses. Although it is specifically a guide to plants of the larger Sydney area, many of the plants are widespread throughout Australia, both naturally and in parks and gardens, giving the book a much wider application.

H/b, 448 pp, Aust, Kangaroo Press Ltd, RRP \$29.95.

# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided at the end of the Grassified section, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 40 cents per word (all types of property) or 30 cents per word (all other classifications) to work out the total cost of your advertisement. Send your advertisement and payment to Grassifieds, PO Box 242, Euroa 3666 before the advertised deadline and we'll include your advertisement in the next issue of Grass Roots.

### PROPERTY FOR SALE

#### NEW SOUTH WALES

**STH COAST MERIMBULA/EDEN.** Land 40-165 ac within Tantawangalo Forest. From \$44,000. On highway 91, 15 km E of Cathcart. Daily school bus to-from Bombala. 1 hr to skitube, 1 hr to Eden, 2½ hr to Canberra. Power, ph, red/black basalt/granite, 45 in rainfall, 800 m above sea level, springs/streams, some old cleared dairyland, some heavy timber. Views Bega Valley, Pacific Ocean. Ideal for orchards/nursery (nashi, cherry etc), root crops. Ph: 064-956-962, 064-582-030.

**BUNDARRA f/hold,** 15 min from Copetown dam, 236 ac granite soil, slightly undulating, virtually rock free, 1/3 cleared rest bush, good fencing, stockyards (suitable goats), on sealed rd, school bus, 2 w/b houses smaller one 6 rooms. Almost finished lge one 10 yo 4 b/r, walk-in pantry, kitchen, dining room, lge lounge, ph, power. Tiles incl but not laid in laundry, bathroom, toilet. New 7000 gal r/water, 6000 gal springwater tanks connected to perm/spring, new dam, 2 sheds. Can include 2 VW Kombi vans in working order. Leaving for medical reasons. \$150,000. Ph: 067-252-220. Fax: 067-252-262.

**BUSH RETREAT,** 80 rugged ac of virgin bush, bordering Yengo Nat Pk. 1¼ hr from Hornsby, 20 km sth of Wollombi, 8 km from Laguna. \$79,000. Ph: 049-772-273.

**UPPER CLARENCE.** Koreelah, 3 blocks approx 25 ac each of gently sloping land. Mostly cleared, excel building sites. Power, ph, & school bus. Perm/crk frontage, good mtn views, 45 min to Warwick. \$30,000 ea. For photo write M Canestrari, C/- PO, LEGUME 2476. Ph: 076-665-141.

**MID NTH COAST,** lovely old Australiana timber home part renovated, 2 b/r, open dining & lounge, s/c stove & HW. On lge block in quiet village close to shops, school. No septic. 20 min Foster, Taree. Will sacrifice at \$75,000 no offers, private sale. Ph: 065-541-470.

**MID NTH COAST TAREE/PORT M.** Quality, passive/solar designed red cedar home on self-suff acre. Huge shed with milking bail & work room. Fruit/nut trees, incl the best macadamia tree on the coast. Magnificent views from every room over the peaceful, fertile countryside. School bus at door. Close to beach, river, shops. Reluctant sale \$135,000. Ph: 048-771-589.

**LISMORE** 1½ hr, close to Clarence, 20 min Tabulam. Mud brick/timber, set in 90 ac. Solar, gas, generator, dams, ph, etc. permaculture garden, sealed rd, school bus to block. \$68,000. Ph: 066-218-645.

**HUNTER VALLEY.** Historic sandstock brick church, semi-renovated, on 1 ac, superb rural views, main rd frontage. Featuring stained glass altar windows, 6 restored leadlight windows, lge attic loft, attic pantry above kitchen, heaps of extras. Ideally suited as residence & gallery. \$125,000. Ph: 049-965-508, 049-965-508.

**BELLINGEN,** mid nth coast, new 3 b/r timber house, studio, 1/6 share in estab Promised Land Community (78 ac), power, water, good access, lush valley. \$140,000. Ph: 03-844-1344.

**PRIMO ORGANIC,** 127 ac Nambucca valley paradise, drought proof, 13 dams, crk, 4 b/r huge house, plenty sheds, nurseries, gardens, palms, 5,000 timber trees, superannuation, low maintenance splendour. \$250,000 urgent sale. Ph: 065-647-289.

**RIVERINA,** 15 ac, 10 ac lasered, partly sown, absolute frontage Edward River. 6 in pump & pressure pump. 2 b/r new home, air conditioned, ph. Fishing shack sleeps 4. Double c/port, lge w/shop, 12 young beef stock. Tractor/machinery. School bus front gate. \$104,000. Possible 50% owner finance. Ph: 058-875-237.

**BROGO STH COAST,** very picturesque 10 ha partially cleared bush block. Spectacular house sites, rd frontage, power, ph, school bus, above frost line, pollution free. 6 km to Brogo Dam, fishing, swimming etc. 25 km Bega, 2½ hr to Canberra, 2 hr snowfields, 40 min Tathra or Bermagui beaches. \$55,000. Ph: owner 064-927-315.

**UNIQUE PASSIVE SOLAR,** hexagonal, mud brick home on 100 ac (flood free). Summerland Way between Casino/Grafton. 9 km village/PO. School bus. Cathedral ceilings, 3 b/r, mezzanine studio, HWS, solar power (12V/240V), generator backup. 20 ac cleared, landscaped, fruit-bearing trees, 3 dams, spring, lge shed, poultry runs, tea-tree potential. \$148,000. Ph: 066-669-117.

**NYMBOIDA,** secluded 100 ac bush retreat a few km from village & close to river. \$55,000. Ph: 066-494-247.

**WINGHAM,** 20 ac, elevated site, beautiful views, 4 room train carriage with lge roof over, verandah & 2 rooms. Pole shed, studio. C/van & annex. Colourbond roofing, cladding & other building supplies. Good water facilities. \$92,500. Ph: 065-506-458.

**WINGHAM** – mid nth coast, colonial house on 2 ac in town. 3 b/rooms all with French doors leading to verandahs. Huge new w/shop, greenhouse, chook shed & crk in back. Organic garden f/trees, chemically free. Suit GR family. \$140,000 ONO. Ph: 065-534-630, 065-526-147.

**HOUSE FOR SALE, NE NSW.** Bellingen River frontage/deep swimming holes/canoeing, 35 min to the beach, 1/4 share of 65 ac. Ranging from cleared river flats to timbered ridges & r/forest. Council approv M/O. Sealed rd frontage. Spacious 5 b/r home on 2 ac, fully fenced. Unique hexagonal design with central sky light, lge open plan kitchen, fridge & LPG & SC stoves, lounge with SC heater, polished hardwood floors, study, slate/stone bathroom, lge verandas. Vegie garden & young orchard/70 trees many bearing, 7 yo biodynamic, ample water supply. Lge separate c/port/w/shop, spacious granny flat with veranda & lovely views, children's cubby house, secure chook pen, animal paddock & shelter. Bus to state or Steiner School. \$167,000. Other residential shares also available. Ph: 08-388-9531, 066-558-561, 02-817-0392.

**COOMA/SNOWY MTN AREA,** 70 km Cooma, 100 ac farm tucked away in secluded valley. Produces an income from sheep, cattle & berry fruit sales. Comprises 2/3 b/room quality home with SC stove & heater, fully carpeted in wool berber, curtains etc, double steel garage, 18 x 18 steel shed with hayshed ext, lge packing shed & coolroom, sloping green lawns, plenty of shade trees, estab garden/orchard, fully fenced, stockyards, irrigated fruit plantations, perm/crk incl water-fall, 100 Merino sheep, 6 cattle, chooks. Currently earns in excess of \$10,000 per annum & has room for expansion. Ideal for active retired couple or super supplement (tuition given for buyer). Estab market for all fruit, school bus, good community/neighbours, casual work avail in area. To be sold WIWO incl all stock, plant, machinery etc. Absolutely nothing to spend except purchase price of \$150,000. Ring only, no tyre kickers please. Ph: 064-536-221.

**350 ACRES GRAZING LAND,** partially timbered, spring fed dam, stockyards, near Clarence River, far nth coast, magnificent views, flood free, easy rd access, school buses, power at boundary, suitable for M/O or hobby farm. Ph: 066-472-211.

**NYMBOIDA,** 25 ac bush block, 45 km from Grafton, frost free, great views, school bus, power & ph avail. \$27,000. Ph: 066-494-216.

**THE CHANNON,** 15 min Lismore. Australian Colonial 10 mths old on 7 ac, perm/crk. 4 b/rooms, study/parents retreat, formal lounge, dining, rumpus. \$159,900 ONO. Ph: 066-282-024.

**TABULAM,** rural retreat, 350 ac partly cleared, private access to sealed rd. 5 dams, crk to boundary, well fenced, 3 dwellings 2 with solar power, ph, & septic, abundant wildlife, ideal tenants in common. \$180,000. Ph: 066-663-611.

# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**BUSH BLOCK KURRAJONG.** 40 ac of beautiful bush at Kurrajong, only 1 hr 15 min from Sydney. 25 km out of Windsor, off Blaxland Ridge Rd. Bordered by national park, crown land & other lge bush properties. Fronted by Wheeney Crk (to swim, fish or paint) & a couple of acres of designated wetlands. Lots of birdlife. 5 fenced acres of crk flats, backed by natural bushland with rocky outcrops & caves & abundant wildflowers in spring. Has its own private crk, pure enough to drink, cascading through ferns & wild orchids. The foundations of an early settler's cottage are still visible amongst the trees. Fabulous views from the higher parts of the property. You can look down on sunlit clouds in the valley at dawn. Several great spots for a house. Freehold title, can be built on for main or weekend living. \$185,000 ONO for unsurpassed privacy. Ph: 02-967-2976.

**WEEKENDER ON 51 ACRES (20.6 ha).** Freehold 1/2 share of 102 acres of forest, 5 acres cleared, 2 boundaries bordering Ballengarra State Forest. Simple dwelling of iron & pole construction. Gravity feed water from dams to house & gardens. New 5 KVA electric start generator, solar power & solar hot water. Established gardens, orchard, chookyard, composting toilet & sheds. 45 min (50 km) to Port Macquarie, Wauchope & Kempsey. Quiet, private island in the forest on good dark soil with permanent creek. Realistically priced \$80,000 (firm). Ph: Trevor 065-822-196.

**NEAR NIMBIN,** 8 ac share on approved M/O. Good mix of forest & cleared areas. Near complete council approved house with solar power & HW. Lge shed, perm/spring & many fruit & native trees planted. \$65,000. Enq PO Box 230, NIMBIN 2480. Ph: 006-891-358.

**NTH NSW.** Income producing property of 160 ac, 27 km Grafton, on beautiful perm/Kangaroo Crk. Passive solar designed energy efficient timber house with verandahs all round. French doors, leadlight windows, 240V solar power plus SHW. Meditation sanctuary nestled in trees. 2 dams, 20,000 tea-trees (potential income \$22,000 pa) over 80 fruit trees & vegie garden all irrigated & organically cultivated. 4-bay shed, stockyards, alluvial flats, sandstone ridges & sealed rd. Primary school, general store & sports facilities 10 min. \$180,000. Ph: 066-493-015.

**NTH NSW,** 100 ac, 8 km from 'Pub With No Beer', Taylors Arm. Elec & ph, huge dam, crk flats, frost free slopes, nth east aspect, excel house sites, some r/forest, must sell. \$60,000 ONO. Ph: 066-534-137.

**CREEKFRONT BUSHLAND** in hills near Eden on Vic/NSW border. Very rare & they aren't making any more of it! 15 ac & 18 ac, \$22,500 ea; 120 ac with 1 km crk/front \$75,000. Superlative 115 ac block facing nth across river to proposed nat park, crk is east boundary, \$115,000. Ph: Nancy 047-824-856, 047-841-020.

DEADLINES: GR 91 - APRIL 24TH  
GR 92 - JUNE 26TH

**WELLINGROVE,** 1 3/4 ac, power, ph, scaled rd, 26 km Glen Innes. \$10,000 ONO. Ph: 067-787-367.

**KYOGLE,** 1/25 share in 960 ac, 10 ac share, f/trees, spring water to all of share, gravel access, lovely views & privacy. \$30,000. PO Box 492, LISMORE 2480. Tracey. Ph: 066-221-020 BH, 066-243-792 AH.

**NTH COAST,** f/hold, 1 hr Port Macquarie, 215.5 ha (540 ac). Excel access. D/A approval partially constructed home. M/O. This rare property in sheltered high valley, 2000 ft above sea level. 3 km perm/crk runs through into Tobins River (nth boundary). Average rainfall 80 in. Magnificent r/forest areas. Quality stands commercial timber. Black & red volcanic soil. Ideal climate. Perfect horticulture with frost free NE aspect. Potential tourism, fish farming, agricultural, forestry. Fresh air, clean water, serenity, seclusion. Reluctant forced sale \$170,000. Ph: 065-852-123.

**NTH COAST,** 30 ac mtn top backing onto state forest, 4 b/r, 2 storey timber cottage with views forever. Perm spring, estab gardens, equipment & land for organic farming, already producing income. \$130,000. Send SAE & \$2 for photos & inventory. PO Box 286, MACKSVILLE 2447.

**ASHIFORD** via Inverell, 2 b/r residence plus cafe/shop. All f/hold, 1/2 ac. Re-open business at minimal cost. Also suitable for plant nursery, tea-gardens, coffee lounge etc. Prime position opposite schools. 22 ft c/van incl. \$59,000. Ph: 067-294-110, 067-254-270.

**TENTERFIELD.** 50 ac, seasonal crk, dam. 15 min Glen Lyon Dam. 5 min primary school. \$35,000. Ph: 065-669-415.

**PISE** 24 sq, 4 b/r house on 2 ac crk frontage with flood protection. 2 in pump & reticulation system for riparian right vegies. Town water also laid on. House features French windows, verandahs, cypress pine raked ceilings, air conditioning, SC stove/HWS & heaps built ins. Over 100 trees well estab \$70,000. Central West Condobolin. Ph: 068-952-432.

**SECLUDED PROPERTY NEAR GRAFTON.** Attractive 2 storey house, 20 min Grafton. 3 b/r, 2 bathrooms, lge lounge/dining & rumpus room, on 100 ac refuge for wildlife. Up to 90 species of birds noted plus wallabies, possums, bettongs, koalas, echidnas & bandicoots. 3 dams, crk, 2 lge sheds, irrigated orchard, ph, elec, school bus run. \$150,000 ONO. Ph: 066-493-386.

**KIAMA,** 3 b/r home, 1 good ac, possible subdivision, ocean & mtn views \$250,000. Also 4 ac Binnaway (Coonabarrabran), fully fenced, 500 gal w/tank, sell with self-contained Franklin c/van (13 ft), excel cond with 2 way fridge, stove & very good annexe, views to Warrumbungles. \$115,000, 12 mths interest free. Ph: 042-323-362.

**HUNTER VALLEY,** 50 beautiful, secluded ac, fenced, 2 dams, water tanks, cabin, sheds, tractor/attachments. Also srl protea/waratah plantation. \$100,000 ONO. Ph: 02-534-6068.

**TABULAM,** choice 1 ac building block overlooking town, adjoins rural. All services. Urgent private sale. \$15,500. Ph: 066-322-450 BH.

**LISMORE,** house on 1/4 ac block for sale near town centre. \$40,000. Ph: Gaby 066-218-505.

**TABULAM,** nth NSW, near Clarence River, 13 1/2 ac fully fenced. Views, ph, & elec nearby. Vendor finance. \$14,750. Ph: 066-663-559.

**LLANDILO,** 5 ac, lge dam, shade trees, good grazing. House site prepared. 8 min to Penrith, 1 hr to Sydney CBD. \$165,000. Ph: 049-772-273.

### QUEENSLAND

**FINCH HATTON GORGE,** 10 ac tropical r/forest, next Eungella Nat Pk, 70 km west Mackay, 5000 new bricks, 30 x 10 ft slab 10 x 10 ft garden shed, 2 crks. \$28,000 ONO. Ph: 079-591-441.

**AGNES WATERS** 20 min, 40 ac natural timber, secluded valley, access to crk water, gentle slope. \$28,000. Ph: Peter 07-888-3329.

**RAVENSBORNE AREA,** 16 ac on nat horse trail, privacy assured, all weather rd access, 2 b/room cabin, 2 dams, 2 sheds, solar & 5KVA power plant. School bus, shop, fuel close. \$90,000. Ph: 076-978-184.

**AGNES WATER HIDEAWAY,** secluded split level home hidden midst tall gums on lge acreage block with superlative ocean views, bitumen rd, power, ph connected, only 3 min to glorious Agnes Beach. Bank forces sale. \$46,000. Ph: 079-749-130.

**WESTERN DARLING DOWNS,** 690 ac, 20 km north of Chinchilla. 3 b/room plus a sleep-out. Verandahs on 3 sides. Equipped shearing shed, sheep & cattle yds, 3 dams. Fenced into 10 paddocks. School bus & mail at gate. \$100,000. Phil Fraser, M/S 57, CHINCHILLA 4413. Ph: 076-628-346.

**QUARTER SHARE IN 100 AC,** 1/3 cleared, with air strip, communal building, 4 b/room, kitchen, bathroom, TV lounge. Tank water, mains power, ph. Prefer mature single person. \$14,000. Ph: 076-682-174.

**TROPICAL LIVING** in cyclone safe area, no agricultural spraying. Highset 3 b/room house. Neat & tidy, all amenities. Downstairs features lge family/rumpus room, laundry, 2nd toilet & single car accom. Yard features garden shed, easy care tropical style gardens, sprinkler systems lge estab trees & some bearing f/trees. Situated in friendly town 87 km west of Bowen nth Qld, easy drive to coast & Whitsundays. \$65,000 ONO. Ph: 077-855-413.

**380 ACRE FREEHOLD.** Peace, privacy, 22 km to Gin Gin, 75 km to Bundaberg. Perm/triver & summer crk, 20 x 20 zincalume shed, ph connected, power crosses block, 6000 gal r/water, fully fenced & well timbered, abundant wildlife. \$98,000 ONO. Ph: 079-342-767.



---

## PROPERTY FOR SALE

### QUEENSLAND

100 ACRE TREED, part cleared block. Good access, excel bore water, good potential, 24 km nth Proserpine. Power close. 6 x 6 m colourbond steel shed, verandah. Wired to pump. Ph: \$60,000. PO Box 28, COOLGARDIE 6429. Ph: 090-266-376.

CHILLAGOE, 696 ac tropical Savannah, 3 km river frontage, extensive wildlife. Former overland telegraph station. Possibilities aquaculture or remote sml community. Vendor will finance on 1/2 deposit, f/hold. \$24,000. PO Box 6051, CAIRNS 4870. Ph: 070-550-230.

INJUNE, close Canarouans Ranges, 1/2 ac town block, old ex leather work house to back of block. Water, elec, sewerage, plaster cornice, doors etc for repairs. Handyman's dream. Room enough market garden up front which is in need for town. \$10,000. Ph: Dawn 076-712-282.

BLACKBUTT, 10 ac for sale. 2 titles. Fertile land, trees. Bitumen rd, power & ph. Ph: 07-378-0441.

BLACK RIVER AREA, 5 ac, 20 km nth from Townsville, power, ph, water connected, soil test done, 3/4 fenced, septic tank, c/van, shower & toilet facil. Winter crk. \$39,000 ONO. Ph: 09-335-7428.

ENVIRONMENTAL DREAM. One of a kind piece of land in far nth Qld on the Bloomfield River. World heritage listed. 150 ac with absolute river frontage, fresh water & massive waterfall. Views include valleys, river & ocean. Abundant timber & building materials. Fertile soil with river mulch. Access via air, water (ocean/river) & rd. Community & school. 1/6 share avail. \$35,000. Ph: 077-725-641.

ST LAWRENCE, 1/2 ac block, 2 min to St Lawrence River for good fishing, crabbing, also boatramp. Lock up shed, bearing mango trees, water, power. Close to PO, school, shop, hotel. Suit boating or fishing enthusiast. Be quick won't last at \$15,000. Ph: 070-668-147.

NEW HOUSE on 14 irrigated ac. 350 bearing f/nut/trees plus asparagus. 2 blocks (2 titles), both have power. Unlimited perm purified water (saleable quality) - additional income! Also dams, tanks, well, pumps, sheds. Carpeted, owner-built house, 3 b/rooms, study, 12 ft verandahs. Also solar. Tiled, septic. Pine kitchen, electric & s/c stoves. School & commuter buses. Picturesque r/forest surroundings. Tame wildlife. 40 min up the mtn from Rockhampton & university, 7 min Mt Morgan, 8 min beaches, resorts. \$189,000. Approx 12-15% return on investment for 2 person part-time operation. Ph: 079-382-162.

INGLEWOOD, 393 ac, ironbark & cypress studded block with easy access, flood free. 10 min to town. Near huge recreational lake. Underground water avail. \$45,000. Write: D Horton, C/- PO, KINGSTON 3364.

LARGE HOUSE, 2 b/rooms, 2 sleepouts, s/c stove, fully carpeted, plus self contained cottage on 3 ac, power & ph. Situated Mt Fox, via Ingham, nth Qld. Fully estab yard, fully fenced. Ph: 077-775-176.

---

## GRASSIFIEDS

KINGAROY 50 km, 30 km Wondai. 40 ac block, 2/3 light bush, rest cleared. \$20,000 ONO. Ph: 055-880-217.

SOLAR POWERED HOME, 2 b/rooms, 1ge attic, gas stove, fridge, s/c stove, plus open fireplace, 1ge double garage/w/shop, 2 1/2 ac with dam. 2 min Palmwoods, 20 min Maroochydhore Beach. \$145,000. Ph: 071-450-314.

RONNIES RANCH, livable cabin on 40 ac, sheds, dam, 20 min to surf & nat pk. \$29,990. Ph: 071-516-647.

HALF ACRE BLOCK with trees & natural drain in sml country town of Gayndah. Close to primary & secondary schools, shops & amenities. Sewerage, water & elec. Qld's best citrus growing area. \$26,000. Ph: Nathan 07-856-4373.

SE QLD, 40 ac, 3 b/room house, kitchen, lounge, d/room, sewing room. Plenty cupboards, bookshelves. Power, ph, septic, garden, f/trees, shrubs. 3 car accom, milking shed/w/shop, 5 dams, 7 paddocks, good fencing, bus to Gympie high school (40 km), close to primary school, shops, s/stations, hotels. Bitumen rds, mail to gate, cheap rates. Almost frost free, good views over peaceful valley. \$125,000 ONO. Ph: 074-846-354.

HINTERLAND 25 ac, r/forest along stoney mtn stream, secluded homesite, with valley views, natural bushland, good soil. \$19,000 ONO. Ph: 071-514-248.

SOUTH BURNETT, QLD, area residence, formerly post office, telephone. Suit crafts, plants, art studio. On 2 deeds (small village), on tourist route to Bunya Mts. \$55,000. Ph: 071-646-141.

---

### TASMANIA

ABSOLUTE OCEAN FRONTAGE in a remote area on the sunny east coast but only 30 min from town. Very secluded cottage on 1/4 ac self-suff garden, isolated beaches, spectacular views, cray fishing/abalone/oysters, own power systems, great climate, wonderful lifestyle. \$200,000. Ph: 003-768-204.

PEACEFUL ALTERNATIVE 34 ac, 4 ac paddocks, 30 ac forest, perm/gravity fed crk water, 2 storey octagonal stone & timber house, blackwood stairs and rafters, open plan living, 3 b/room, studio, lounge, dining, kitchen, laundry, bathroom, septic tank, s/c stove (double oven Rayburn), 3 ring gas burner, gas refrig, 2 solar elec panels & 2 x 6V deep cycle batteries, Honda 5KVA petrol generator, garage, wood shed, chook coop. Views of Cradle Mt, Lake Cethana, Forth Valley. (Quiet isolated farming valley with PO, Community Hall, fire shed & store), 25 miles from Sheffield. \$80,000 ONO. Ph: 003-635-123.

CYGNET, sth Tas, 31 tall treed ac, 3 1/2 cleared, 16 sq timber home near complete. Sheds, hen house, dam, 50 + mixed f/trees, sml nursery started. 26hp diesel motor, 12 KVA generator. Enough timber on land to return purchase price. View over inlet & Huon River to Hartz Mtn. \$99,000 ONO. Ph: 002-950-286.

NE TASMANIA, OPPORTUNITY to live in & preserve unique forest. Situated quaint hills town Lottah. 10 ac predominantly manferns over 2 m high, delicate ferns, mosses, many very old eucalypts. Natural spring originates on block offering pure water. Quiet, secluded environment inhabited by native wildlife. Fresh air, spectacular views, excel soil for food crops, earth building, suitable homesites, power close by. Access rd approved through state forest along property frontage. 10 min to general store, 20 min to beach, 10 min to r/forest nat pk. \$19,900 contact Brett. Ph: 03-870-3108.

WATERFRONT, 1/2 km on mouth of picturesque Huon river, in sth Tas. Attractive rustic alternative style home. (2 storey) on 3 ac consisting of 2 titles. 1ge organic veggie garden, with plenty of natural bush surrounding boundary. This unique peninsula would suit artist, writer or creative persons. 1ge w/shop. Almost completed recording studio. Deep water anchorage. Landscape lends itself to being a mini Findhorn in the right hands. \$159,500. Ph: 002-978-274.

SNOWTOWN HIGHWAY 1, corner block, 3 b/room, family room, double garage, f/trees, close to Clare Valley Highway 1. Not a penny to spend. \$49,000. Ph: 088-652-247, 02-552-2092.

MELROSE, 75, 75, & 150 ac gum studded, gently sloping land. 20 in rainfall, mains water, 10 x 12 m w/shop/storage, 168 sq m house foundations. Bordered by Mt Remarkable Nat Pk. \$180,000 as whole, will separate. Ph: 086-662-2197.

WATER LICENCE, nearly 2 ac of unspoilt fertile land, splendid view of River Murray & backwaters, modest 2 b/room home, very cosy. All local schools very accessible. 10 min from town, private, peaceful & secluded. Glasshouse & 1ge trees. \$82,000. Ph: 085-385-057.

ONE ACRE, water, power connected, main rd frontage, elevated house site nestled into hillside, overlooking trout stocked dam. 300 trees planted, new 20 x 17 shed, new goatproof fencing, winter crk, excel deep soil. Building approval, zoned rural B. Situated beautiful Clare Valley. \$23,500. K D & M J Higgins, 7 Edward St, CLARE 5453.

MT FIELD NAT PK, approx 8 ac light bushland, some pasture, main rd frontage, quiet access, fenced, 2 dams. Approved slab & septic tank already built. Positioned on edge of village next to prime trout, platypus river, waterfalls, skifields. \$23,000. Ph: 002-881-372.

NEW CEDAR COTTAGE, 6 1/2 ac, magnificent views, Cradle Mtn Rd, Wilmot, Tas. \$59,000. Ph: 004-921-458.

---

### VICTORIA

DELIGHTFUL 5 ac property situated in Ballarat district close to uni, fenced on 3 sides with big dam, with formed roadway to elevated homesite, telecom avail, SEC close by. Supplied with house plans & soil test \$23,700. Ph: 03-754-8426 after 7 pm.

---

## PROPERTY FOR SALE

---

### VICTORIA

300 VERSATILE ACRES of cleared undulating land, watered by dams & a treed perm/crk, power through property. Central to Alexandra, Yea & Euroa. \$215,000. Ph: 057-904-258.

QUIET, PEACEFUL 20 ac block central to Alexandra, Yea & Euroa, close to snowfields, Lake Eildon. Power, perm/crk, tree ferns, wildlife, permit to build. \$72,000. Ph: 057-904-258.

CENTRAL VIC - 3 b/room home on 35 ac, adjacent state forest, views of Pyrenees Ranges. Shedding, greenhouse, stables, yards. Organic vegie/garden, f/trees, chook runs. Ringlock fencing, 7 paddocks, 3 dams. Close school buses. 4 km from Avoca, only 50 min to Ballarat. Livestock optional - cashmere goats, silky & RIR chickens, rabbits. Ideal location for host farm. \$75,000. Ph: 054-653-079.

MTN RETREAT. High in the Otways, 65 ac of tall native timber surrounding 20 ac of lush mountaintop ridge pasture. 360° uninterrupted panoramic views. Secluded meditation building, also spacious modern w/shop with solar power, shower, toilet, septic, all council approved. Good dam, adequate r/water storage & catchment, private all weather rd, fronting Gellibrand River. \$133,000. Ph: for appointment 03-499-1849, 052-543-150.

NE VIC secluded bushland & lake. The original home of Native Fish Hatcheries. The property has a 6 ha (200 mg) lake, 3 b/room home, cottage, shedding, power, ph, ponds. The land has been run on Keyline farming principles over the last 20 years & the bush & wildlife have to be seen to be believed. The 94 ha property is in 3 titles & they are for sale together or separately. For further details. Ph: John Mosig 03-817-3043.

HARCOURT, 7 min Castlemaine, 20 min Bendigo. 2/3 b/room older style, w/b house on approx 4 ac undulating fertile land. Power & ample water with generous water right. Over 50 f/trees, dams suitable for trout, fernery, shedding, vegie/garden, aviaries & chook yard, suit self-suff. \$100,000 ONO. Ph: 054 742-557 after 5 pm.

HEATHCOTE, 37 ac, undulating, fully fenced, 2 dams, orchards, as well as new orchard just planted. 100 m to highway, power & ph avail. Government rd, gravel frontage. Red/black soil. Could subdivide. Ph: 03-364-9961 AH.

BUCHAN PROPERTY, 270 ac, located 10 km nth of Buchan, adjoins reserved state forest, 15 min ONTOS health retreat & Sunrise Co-op, 20 min from nat pk. School bus at front door. 3 b/room, w/b house with bungalow. Old shearing shed, old piggery, 2 machinery sheds, stockyards, hay shed, chicken coop, garage, beautiful views, friendly area. \$180,000. Will sell house, sheds & smaller ac if required. Ph: 051-559-271 AH.

NE VIC, 40 ac mtn area, 9 km from sml town, 50 km from Albury/Wodonga. 5 ac Billabong, wonderful valley views & excel home site. \$55,000 ONO. Ph: 077-734-823.

---

## GRASSIFIEDS

---

DEADLINES: GR 91 - APRIL 24TH  
GR 92 - JUNE 26TH

MERINGUR, 100 km west of Mildura, 3/4 ac, weatherboard house partly furnished, new herb business, pipeline & tank water, SEC, ph, woodstove, hot water, f/trees. \$20,000 ONO. Ph: 050-283-205.

WARRAGUL 10 km, renovated 3 b/room, tiled roof house, lge 25 x 32 x 14.6 ft high shed, chook house, over 1/4 ac. Plenty of water, ideal vegies etc. School close, farmland surrounding, very peaceful, could rent adjoining 1 ac. \$82,000. Ph: 056-278-533 AH.

GIPPSLAND, magnificent 40 ac, 15 min from Morwell, 2 dams, perm/crk, estab/orchard, fully fenced, telecom, power, bus at gate, tree ferns, f/trees for self-suff with peace & tranquility. \$52,000 ONO or vendor terms for quick sale. Ph: 059-776-364, 059-892-884.

500 ACRES OF HILL COUNTRY between Omeo & Benambra. 300 ac cleared, balance open woodland with spectacular views of Bogong Nat Pk. 2 roomed cosy hut, woolshed & sheepyards, with modern elec fencing both external & internal, the property can easily carry agisted stock. Being surrounded on 3 sides by state forest it is the ideal retreat to get away from it all. \$159,000. I can send photos. For more details ph 051-587-245.

'HOLLY LODGE', CONDAH - 30 min Hamilton, 35 min Portland, 40 min Grampians, bluestone cottage, 4 rooms, hardiplank, self-contained flat, 2 kitchens. Property backs onto natural wetlands, 36 native birds incl black swans. Lge 50 x 20 ft steel shed, new steel cattle yards, head bail under cover. Ample water all paddocks with gravity fed watering system. Lge r/water/tank. \$120,000 ONO. M Loof, C/- PO, CONDAH 3303.

GIPPSLAND STH - 10 min from Foster. (Sealed rd, school bus route.) 56 ac cleared. Crk frontage, adjoining bush reserve. Sheep & chestnuts. (Also fenced area for market garden.) 3 b/room older style house. Hilltop location with stunning 360° views including Wilson's Promontory. SEC, telecom, Coonara, etc. Garage, sheds, stockyard. Estab garden/f/trees. \$165,000. (Also sheep \$3000. Tractor & implements \$6000.) Suit full-time or weekenders. (2 hrs from Melb). Ph: Stephen, Going Solar. 03-328-4123.

MEREDITH, house with 22 ac bush, 3 ac cleared. Crk, lots of native fauna, firewood, estab f/trees. 10 sq house features pot-belly stove, LPG hot water, fridge, heater & stove. Polished timber & cork floors, exposed beams, 3 b/room open lounge/dining. Close to Ballarat & Geelong. Forced sale. \$95,000. Ph: 052-296-427.

---

## WANTED TO RENT

---

KYOGLE/MURWILLUMBAH. Quiet area to do some writing. Approx 6 months from April/May. have mobile home so will consider either house or vacant land. Consider also renting with option to buy. Sahaj, PO Box 1002, BAIRNSDALE 3875.

I'M GOING TO BE STUDYING in Armidale NSW from June '92 & need to find a home. I like gardening, sunshine & old houses. Prefer out of town. I'm 28, vegetarian & reliable. Any suggestions welcome. Ph: Paul 03-754-2868. 39 Station St, BELGRAVE 3160.

GR COUPLE REQUIRE property to caretake or rent in NE NSW-SE QLD, excellent references available. Ph: 03-509-9732 any time.

2 or 3 B/R COUNTRY house, in bush/mtn setting. Anywhere between Coffs Harbour & central coast. We are a reliable quiet couple, retired, in our 40's, with a love for nature & a harmonious peaceful life. Ph: 066-641-358.

INDEPENDENT, CAREFUL, quiet, 40 yo female, UCQ student requires house, pref small acreage to rent/caretake. Pets allowed. Close Rockhampton Uni. Country Club Caravan Park, ROCKHAMPTON 4702.

ARTISTIC COUPLE WANTING farmhouse or cottage 1 hr from Newcastle. Already on property but want new location. Reasonable rent, excellent references, have 2 horses, small dog, prefer quiet farmhouse lifestyle. Ph: Wayne, Mandy 049-389-498.

---

## BUSINESS FOR SALE

---

CAFE, 2 B/R RESIDENCE, half acre, all freehold, \$59,000. See Property for Sale, NSW. Excellent family opportunity, healthy environment. Ph: 067-294-110, 067-254-270. HEALTH FOOD STORE, Casino, nthn NSW. Prime position, rapidly increasing local trade, no opposition, well estab modern premises, take away lunch trade. Great potential. \$35,000 + SAV. Ph: 066-624-297, 066-635-315 AH.

---

## HOLIDAYS

---

COONABARABRAN, bed & breakfast in private home, visit beautiful Warrumbungle Nat Pk & Siding Spring Observatory. Reasonable rates. Ph: 068-422-619.

NATURAL HOME HEALTH care haven. Situated in a quiet rural bushland setting in the foothills of the Border Ranges of nthn NSW. Featuring: healthy lifestyle education, nutritional instruction, food preparation, vegan dishes, raw juice cleanse & detoxification programme, colonic therapy, steam baths, ensuited bedrooms, comfortable accommodation. The Retreat, GREVILLIA 2474. Ph: 066-364-275.

GRAMPIANS CABIN & Terradome or campsites, on secluded 40 ac natural bushland & lakes, adjacent to nat pk. Bushwalking, swimming, canoeing, birdwatching, BBQ's, camp oven, children's playground, bush tennis, etc. For brochure call Emu Holiday Park 053-836-304.

LOOKING FOR MORE MEANING in your life? Women are invited to stay at our rural property one week during July 13-27. Explore meditation, crafts, rest & refreshment, food, accommodation free. Write Sister Helen, Sisters of the Church (Anglican), 42 Wirrang Dr, DONDINGALONG VIA KEMPSEY 2440.

# GRASSIFIEDS

## FOR RENT

WANTED, PERSON OR PERSONS to share cottage with female, 44, on 3 1/2 acres outskirts Gundagai. Interested in gardening, chickens, ducks, goats, cats, dogs, horses. Help renovate house, fencing. Write Hobart Cottage, Punch St, GUNDAGAI 2722. Ph: 069-442-005.

TWO B/R HOUSE on community, mid nth coast looking for environmentally aware persons, single parent, or family. \$20 pw. No pets. Ph: 065-874-328.

PERSON TO SHARE lge house in a small town of Kangaroo Valley NSW. The area has spectacular scenery. Person to share with 1 other, must be environmentally responsible, a n/s & be willing to share common tasks, so if you're a slob or rager, forget it. \$75 pw + bond (regretfully). Apply to Douglas Marsden, C/- PO, KANGAROO VALLEY 2577. Ph: 044-651-512.

ECO FREAK to share house, old, big yard, cheap rent, chill out in Babylon. Write Francine, 48 Woniara Rd, HURSTVILLE 2220. Ph: 580-4976.

NSW SOUTH COAST, ACRES, unlined house, tank water, no elect. \$45 pw, \$150 bond. Ph: 066-526-714.

RENT AIR COND CARAVAN set up on GR farm, suit mature individual practising metaphysics (New Age). \$25 pw & \$100 bond. Ph: 076-979-237.

BELGRAVE, VIC from June 92, 2 b/r cottage, 1/2 ac, heaps of trees & garden, in Dandenongs, 40 mins Melb, close to everything, lovely setting. \$140 pw. Ph: Paul 03-754-2868 AH.

FOR LEASE to mature greenies. Bush farm land south of Hobart. Ph: 018-734-127.

OPPORTUNITY FOR PERSON(S) interested in participating in a self-suff permaculture lifestyle in SE Qld. Free accom with responsibility for sharing the various activities incl income from excess production. Forward in SAE comprehensive resume of background, experience, recent photo with copies of any references to PO Box 414, MOOLOOLABA 4557.

## COMMUNITIES

LILLIFIELD COMMUNITY, 330 ac beautiful land in hills between Lismore & Murwillumbah, 15 mins from Nimbin, hour from coast, fully approved by local council. Land is owned by an incorporated company but each member has shares giving entitlement to about 5 ac for private use. Members also share over 100 ac common land & use of community tractors & other facilities. There are a few shares available, some untouched sites, some dwellings. Prices from \$19,000. There is a Steiner School on adjacent land. Cats, dogs not permitted. Please write: Lillifield, Lillian Rock via KYOGLE 2474. Ph: 066-897-397 or 066-897-394.

HOUSE & SHARE IN 200 ACRE community. Etab lge orchard & vegie gardens. Renovated lge old Queenslander. Solar & gas. Close to Maleny & Sunshine Coast, 1 hr Brisbane. \$140,000. Ph: 074-961-685.

BUNDILLA COMMUNITY, 1/5 share. Cleared homesite with spectacular views of Upper Bellingen River Valley, Thora, 135 ac, mostly forested. Riverfront, perm crk, rainforest, pasture, 10 min drive from Chrysalis Steiner School. M/O status. \$45,000. Ph: 066-558-557.

SOLAR VILLAGE. 8 families concerned with land management, conservation & maximum use of renewable energy sources occupy 130 ha at Humpty Doo, 30 mins sth of Darwin, NT. An opportunity exists to purchase an estab house on 8 ha freehold & share in company owned land & assets. The house is 14 sq + extensive verandahs. It has separate living & b/r modules either side of a covered courtyard with palm garden & plunge pool. Living module comprises living room, kitchen, pantry & workroom/studio. Bedroom module has 2 b/r, bathroom & study. The house has stand alone solar/diesel hybrid energy system & dual water system incl extensive rainwater tanks & windmill driven reticulated borewater. Beautiful protected tropical environment; supportive neighbours, close to schools & community facilities. House would suit shared occupancy. Contact Helen & Owen Peake. Ph: 089-881-402.

20 KM NW WAUCHOPE, 30 km NW Port Macquarie, 1/40 share of more than 1000 acres. Orientated for holidays, deer & cashmere goats. Some personal farming possible. Tranquil & private. Great for horses, bike riding, 4WD. \$15,000 deposit. Company finance available. 9% interest on \$6000. Ph: 065-852-648.

WANTED CARING PEOPLE interested in forming a small commune, southern Qld. PO box 75, MORTDALE 2223.

MUD BRICK COTTAGE for sale in beautiful mtn community between Wild Cattle Creek & Nymboida River, Bellingen Shire. Includes 2.5 ac site, lge s/c stove, brick press, dam, tanks, estab fruit trees, terraced gardens. \$30,000. Ph: 066-534-187. Twohig, Box 332, BELLINGEN 2454.

NATURE-CARING couple/family, share 1/3 M/O, council app, 63 ac property, Finch Hatton Gorge, 70 km west Mackay. Dam, crk, spring water, fruit trees project. \$19,000. 'Palmcreek', PO Box 68, FINCH HATTON 4756. Ph: 079-583-123.

70 KM WEST OF MARYBOROUGH, 10 ac share in environment reserve, house, sheds, tanks, dams, pump, solar. Secluded, tranquil, privacy, borders nat pk. Ph, school bus. \$22,000. Ph: 071-299-291.

NE NSW, SHARE IN FARM company, title, tenants in common, 53ha/120ac good riverfront grazing, income producing, buy or lease, family preferred, smaller shares available. Contact: Farm contractors, PO Box 561, STANTHORPE 4380. Ph: 076-812-862.

FIVE ACRE SHARE IN M/O. Peaceful, private, bush setting, beautiful aspect, approx 1/4 cleared, ideal building site, crk on boundary, friendly stable community, 100 ac common land Ph: Arthur 066-897-394. Ask re 'Carla's Lot'. \$24,000. Lillifield.

GLENREAGH, NTH CST NSW, 1/5 share in 420 ac in process of establishing. Perm crk, mixed forest, good access, good soil, backs onto state forest & flora reserve, 10 km to town, 1 km to school bus. \$35,000, includes communal kitchen & tractor + various other features. Suit family or women to balance numbers, children welcome. For further info ph: 066-492-202.

MACLEAY VALLEY, 1/4 share 200 ac, near Taylors Arm. Small cabin, 2 crks, electricity, ph, good sealed access. Private & tranquil. Close to all amenities. Views of valley & ranges. Lively local community. \$32,000 ONO. Ph: Ed or Patricia 02-569-5676.

PRIMAL THERAPY at The Primal Place, 44 Curnow St, Golden Square, BENDIGO 3555. Ph: 054-413-683.

## OPPORTUNITIES

HOUSE-SITTER, mature responsible person(s) needed to care for our beautiful bluestone home on 40 acres with 2 cats & 2 dogs for 2 months while we tour the red centre mid May-mid July. Brisk winter weather in peaceful granite hill country in NE Vic. Excellent bushwalking, photography, painting, suit retired non-smoking persons(s). If interested please write promptly giving your details, incl ph no, & we will ring you. Holiday (GR 90), PO Box 242, EUROA 3666. PRIMAL THERAPY at The Primal Place, 44 Curnow St, Golden Square, BENDIGO 3555. Ph: 054-413-683.

COMPETITION. SAE for entry form to: Golden Gateway Festival Literary Competition, Lit. Co-ordinator, Jan Price, PO Box 65, ARARAT 3377. Poetry: \$100 - 60 lines; short story 3000 words. Ph: 053-522-332.

MATURE COUPLE or single to live on our property. Must have own accommodation. Help with occasional work or low rental, non smokers, social drinkers, no drugs. Into *Grass Roots* & low energy requirements. Children OK. Must be trustworthy. We have water, no power. Ph: 063-761-103.

CARAVAN/MOBILE HOME site with water & power for person/s to caretake 20 ac, some animals, poultry, fruit trees & vegie garden. Situated 25 km from Cooma in Snowy Mtns. \$30 pw neg should pay the bills. For more info ph: 064-535-587 or contact Bill, 'Mt Fraser', BOBUNDARA 2630.

I OFFER THE USE OF MY LAND to an honest, reliable man with own caravan, to stay on my property in exchange for occasional property maintenance & own SEC usage. Write to Sophie, GR 90, C/- PO Box 242, EUROA 3666. Ph: 058-552-408.

FREE ACCOMMODATION. Lady aged between 25-30 with some knowledge general farming, ie. poultry, vegetable gardening. Family living on 10 ac hobby farm. Must be n/s, n/d, n/drugs. Child no problem. Write, Advertiser, PO Box 86, GORDON 3345.

HOW TO START YOUR OWN CASH generating, home based, mail order, information products business. Free info & products catalogue. Future World, PO Box 6309, EAST PERTH 6004.

---

## OPPORTUNITIES

---

**LIGHTNING RIDGE**, opal miner's lease close main street, 18 ft hand dug hole. Garden shed, shade cloth area, BBQ. Lease \$50 yr. **PROMOTIONS AGENTS** required. For details send SAE to Box 89, BAIRNSDALE 3875.

**HEALING CENTRE**. Shares avail for people willing to involve themselves running Healing Centre & farm on 120 ac. Current activities: attitudinal healing workshops, publishing. Send SAE to Yulunga, Barkersvale 2474. Ph: 066-897-231.

---

## WANTED

---

**WANTED, CONTACT WITH GR families**, SE QLD or ntn NSW with children 9 to 12 yrs, who can board-in & care for 12 yr old boy whilst parent travels. Please reply to Families, PO Box 589, ASHGROVE 4065 with as many details as possible.

**WANTED, PEOPLE** to develop acreage on nth coast NSW into organic market garden. Water, electricity & accom. Write Col, GR 90, Lot 1, Sherwood Crk Rd, UPPER CORINDI 2456.

**NATIVE PLANT MATERIALS**. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Lge quantities preferred. Good prices + freight paid. Contact: Peter Hunt, PO Box 53, Northcote 3070. Ph: 03-482-2677.

**COUPLE WITH 2 young children** seek male to help set up organic farm. Free board, food. 20 acres on Genelg River, west Vic. Write PO Box 92, HARROW 3317.

**WOMEN EAGER** to make the break from city to the bush. Female, 50's, seeks expressions of interest in setting up M/O in Lismore area after August. My plan is to share small acreage with 3 women using permaculture design to create sustainable food system. Common goals would be organic growing, simple lifestyle, harmony, tolerance & mutual support. Ph: 02-922-7438.

**HELPERS (sometimes)**. A future here for genuine person/s with bush, birds, gardens, chooks, horses. 25 ac hobby farm. Need car, 25 km to Mudgee NSW. Own living section. \$25 pw. No drugs, drunks, barking dogs. John C/- GR90, PO Box 242, EUROA 3666.

**WOULD ANY YOUNG people** between the ages of 18-35 who are experienced in mud brick home building or other alternative housing be interested in setting up a small community based on permaculture principles on a private bushland property with fresh water stream? The 65 ac property is situated 40 min sth of Townsville in nth Qld, adjacent nat pk & mtns. Closely located for work in the sugar & mango farming areas. No improvements exist as yet so we would have to start from scratch. Both male & female welcome or anyone who feels confident enough to help establish the place. Ph Steven on 077-821-569 after 8 pm. Also is there anyone who would be able to spare some carob seed? Will only be too glad to pay postage.

---

# GRASSIFIEDS

---

DEADLINES: GR 91 - APRIL 24TH  
GR 92 - JUNE 26TH

**WANTED TO KNOW**, anything on vermiculture in Australia. Contact B Cabry, 9/4 Undoolya St, TIWI, DARWIN 0812.

**WANTED, 'GRASS ROOTS'** 6, 7, 10, 11, 14, 17, 18. Pay reasonable price. White, Miller Rd, LOGAN VILLAGE 4207.

**ACTIVE, RETIRED dairyfarmer/stockman**, n/s/d, requires low rental cottage. Could part caretake, check fences, stock etc. Open to sensible alternatives. Longterm. Write Bullock, 11 Cliff St, NORAH HEAD 2263.

---

## SERVICES OFFERED

---

**ASTROLOGY**, computerised natal charts, \$4 incl p&p. Send name, date, time & place of birth to: Vajra, 12 Hale St, WOONONA 2517. Ph: 042-834-575.

**NUMEROLOGY**. Where is your life going? The numbers in your name may add up to an answer. Personal chart on cassette (not computer printout), \$39 incl cassette/postage. Send birth date, birth name, name changes (and when). Questions, r/ship, money, moving house, etc. Prompt return. Solveig Thurid Olsson, Unit 7/15, William St, KEIRAVILLE 2500. Ph: 042-287-903.

**PORTABLE SAWMILL**, environmentally friendly, Aust designed, built & operated, mills logs to 1.2 m diameter x 6 m long, 400 max width, 10 mm min. Quality building material or furniture wood on site. At less than 1/2 timber yard price. Mills approx 6m<sup>3</sup> per day. Also build solar powered air drying kiln 04 size. 35 yrs experience in building industry. Will travel most places, demonstrations arranged. Write to Col Webster, Lot 21, Grant St, GOORNONG 3557 (near Bendigo). Ph: 054-322-377 AH.

**CEMENT RENDERING**, general concreting, wall & floor tiling, slate specialist, all areas. Lic R93335. Ph: 042-845-313 or 042-671-382.

**65 PLANS FOR HOMES** of mud brick, rammed earth, stone & pole frame construction (145 pages). Mail \$42 for *The Earth Builders Construction Details & Plan Catalogue* to John Barton, Building Designer, 31 Sharp St, Newtown, GEELONG 3220. Ph 052-224-249 for fixed quote to draw/document your home plan.

**NUMEROLOGY PROFILES**. The Profiles describe your life path, Karmic lessons, challenges, birthday + much more. You hold the key to your personality with your birth date, birth name & current name. \$20 per report incl definitions. Send your details to Ben Bassey, 42 Thora Rd, THORA 2454.

**WATER TANKS DOWN UNDER**, any size. Multi-purpose underground concrete tanks, machinery shed floors, garage floors, house slabs, verandahs, extensions. Competitive rates. Certified by an engineer. DJ Stevens, PO Box 139, URUNGA 2455. Ph: 066-556-594.

**THE PRIMAL PLACE**, est 14 yrs. An offer of a quiet environment for deep experiential awareness, insights of transpersonal aspects within the realms of the human unconscious, for self-help, self-learning, self-healing. There is another way to be. A new consciousness. Beyond separation. Discovering unity. Reality. Not a therapy but a way of life through Primal. The Primal Place, 44 Curnow St, Golden Square, BENDIGO 3555. Ph: 054-413-683.

**ASTROLOGICAL FERTILITY CHARTS**. Find out your monthly period of maximum fertility. 3 yrs personal calendar (lunar-phase cycle). \$28. For more info, Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 018-665-605.

**PERMACULTURE**, integrate your home & landscape designs with efficient resource management. Low maintenance edible gardens. As custodians of the environment for home designs, Devashon Temple, LIT-TLEHAMPTON SA. Ph: 391-2095.

---

## COURSES

---

**PRIMAL THERAPY** at The Primal Place, 44 Curnow St, Golden Square, BENDIGO 3555. Ph: 054-413-683.

**PERMACULTURE DESIGN COURSES** for temperate regions. Chiltern, NE Vic. Due to overwhelming interest 2 new courses are being planned for 1992. 8-17th May & 27th Sept-11th Oct. Tutors: Vries & Hugh Gravestine. Learn from those who have done it - on a PC demonstration property. Contact V. Gravestine, RMB 1130, CHILTERN 3683. Ph: 057-261-596.

**YOGA BEGINNERS** integral correspondence course, books, cassette tapes. Write to Arya Bhakta School of Yoga, PO Box 283, WANNEROO 6065.

**HERBAL MEDICINE**. The School of Herbal Medicine, estab in Aust in 1985, offers 1 yr home study course. For details write to PO Box 5310, TOOWOOMBA 4350.

**PERMACULTURE DESIGN COURSE** at Kangaroo Valley NSW. June 28th-July 11th. Teachers Lea Harrison & others. Cost \$595. Contact David Loneragan, C/- Barrengarry PO, KANGAROO VALLEY 2577.

**PERMACULTURE DESIGN CERTIFICATE COURSE**. Far sth coast NSW. Specific to cool temperate systems, strategies & species. A 2 week residential course, 11-25 April, 14-28 Nov. Tutors Hugh Gravestine, Andrew Sheridan, Vries Gravestine. Register ASAP as numbers are limited. Enq: H. Gravestine, C/- PO WYNDHAM, 2550. Ph: 064-942-014.

**SKILLS FOR SUSTAINABILITY**. Practical skills/information to find a property, develop it in an ecologically sensitive way, make a positive contribution to earth restoration. Tutors: Frances Lang & Max O Lindegger, directors of Ecological Solutions, an International Permaculture design & teaching consultancy. Venue: a private ecological subdivision. Dates: 1992, Nov 1-14; 1993, Jan 10-23, May 2-15, July 11-24, Nov 7-20. Information: Jeff Michaels, Box 52, CRYSTAL WATERS, MS 16, MALENY 4552. Ph: 074-944-676.

## COURSES

**ORGANIC GARDENING** workshop, whole day practical course \$45, includes lunch & farm tour, notes & seedlings to take home. Within 1 hr drive of Sydney. Self-sufficiency skills at Murrindindi Organic Farm. Ph: 046-545-237.

**STUDY AT HOME** by correspondence. Earn professional diploma & certificate qualifications for career & family use. Select your **FREE** brochure from: aromatherapy, traditional folk medicine, vitamins & nutrition, psychic healing, personal psychic development, safety & security counselling, Wicca. 1992 new course, 'The Green Vet' (Certificate course - domestic & farm animals). Wiccan Home Studies (est 1970), PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166.

## EXCHANGES

**COTTAGE SWAP** (temporary). My stone & weatherboard cottage nestles on the banks of a stream & is surrounded by wattle & fruit trees, stone bridges, a rambling garden with a few vegies, herbs, wild ducks, roses & a railway carriage. I am a fifty year old artist who would love to swap my idyllic spot in the west for yours in Tasmania for 3 months from Nov 1992 to Feb 1993. I live in the Darling Ranges, 35 mins drive from Perth. Please write to Jan Kruger, 28A Kalamunda Rd, KALAMUNDA 6076.

## LIVESTOCK

**GERMAN, FRENCH & English** angora rabbits for sale. As seen on the 'Today Show'. Also angora & alpaca fibre. The Angora Rabbit Farm, YEOVAL 2868. Ph: 068-464-039.

**RARE OUTDOOR PIGS.** Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

**BIRMINGHAM ROLLER PIGEONS**, the aerial acrobat of the bird world. Watch them roll & spin, most colours available. PO Box 331, KILKENY 5009. Ph: 08-268-1989.

**COLOURED CASHMERE** stud goats incl prizewinning bucks, does in kid. Reasonably priced to good homes. Pedigrees avail. Shearing plant, 2 speed, handpiece, combs, cutters, \$900. Head bail \$90. Ph: 054-653-079.

## FOOD AND KITCHEN

**POLLEN**, organically collected, no additives. 450 g sample pack \$9, 1.9 kg pack \$32.50. Both include p&p. Larger quantities available. JM Read, 8 River St, MURRAY BRIDGE 5253.

**HOME STONE FLOUR MILLS** - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

# GRASSIFIEDS

## HANDCRAFTS

**HANDSPINNERS**, 100% MERINO & merino/exotic fibre blends in a lge range of colours. Silk, angora, mohair etc. Weaving, handknit & machine-knit yarns. Speciality materials for fibre artists & toy makers. Contact ATR for your requirements. Lot 6, Charles St, EUROA 3666. Ph: 057-953-578.

**RAW COTTON**, cheap, natural alternative for stuffing pillows, cushions, quilts, weaving. We need people to share price of 227 kg cotton bale (full price \$450). For cost share only. No profit. Ph: 03-374-1979.

**ALPACA FLEECE** available for spinning & weaving. Lge variety of natural colours in 250 g bags. A great new alternative. Ph: Jill Maude 058-290-133.

**HANDCRAFTED JEWELLERY:** Austrian lead crystal. Different shapes, sizes & colours. Gift boxed & catalogue available. SAE, L Hughes, RMB 2880, VIA MYRTLEFORD 3737. Ph: 057-535-268.

**POTPOURRI & SACHET SUPPLIES:** The Australian company with a traditional flavour. We buy direct from source & manufacture ourselves to offer the best in Australia at the lowest prices - craft & decorator potpourri, flowers, fragrant oils, books & a range of quality Australian made fragrant gifts. Write for free mail order catalogue. PO Box 53G, Northcote 3070. Ph: 03-482-2677. Fax: 03-481-1393.

**ESSENTIAL OILS, POTPOURRI & natural** products. For all your aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for **FREE** mail order catalogue to: Auroma, 39 Melverton Drive, HALLAM 3803. Ph: 03-796-4833. Fax: 03-796-4966.

**ENVIRONMENTALLY SAFE** household & body care products. Buy direct & save on fragrant oils, potpourri, skin care creams, fragrant pottery, massage oils, essential oils & much more including free gifts & special offers! All my products are 100% money back guaranteed! Order over \$30 are post free. Discover why Pepperpot is the garden fairy's choice. Wholesale enquiries are welcome. Write for my **FREE**, 28 page mail order catalogue. Pepperpot, PO Box 416G, BORONIA 3155. For Vic country & interstate toll free on 008-338-194. Melbourne call 762-9798. The sale of these products helps to fund the Pepperpot Environment Club for kids.

**HANDCRAFTED & DESIGNED** crystal jewellery. Austrian lead crystal & rock crystal. Different shapes, sizes, colours, gift boxed & catalogue available. Wholesale orders welcome. Long SAE. Buy direct from L Hughes, RMB 2880, VIA MYRTLEFORD 3737. Ph: 057-535-268.

**ALPACA FLEECE**, black, smoky grey, strawberry grey. \$70 kilo straight off alpaca, \$90 kilo cleaned & carded. (Takes approx 1/2 kilo for standard jumper). Call 059-643-828 or 03-816-9521 AII.

## CALENDAR EVENTS

**THE 1992 TEXTILE SEMINAR**, conducted by TAFTA, will be held in Mittagong from April 20-26th, with classes being held during the week and displays & talks open to all during the weekend of 24-26th April. For details send an SAE to TAFTA, PO Box 192, MITTAGONG 2575 or phone Janet DeBoer, 048-602-085.

**1992 MUDGEE SMALL FARMS** Field Days. Natural Fibre Exhibition & Awards. Fri 17th-Sat 18th July, Mudgee showgrounds. The Natural Fibre Exhibition & Awards will once again be a feature of this year's Field Days. The main aim is to promote all Australian Natural Fibres, the producers & the people who use them. Each section carries prizemoney with the Field Days Committee awarding \$200 + engraved plaque for the Supreme Garment of Excellence. Best Exhibit from black or coloured natural fleece - \$100. For further info & entry forms please contact Joy Rae, Box 106, GULGONG 2852. Ph: 063-742-057.

## CLUBS AND SOCIETIES

**AUSTRALIAN HERB SOCIETY.** Members receive quarterly magazine, seed from seed bank free, access to tape lending library. Write: The Secretary, PO Box 5174, SCMC 4560.

## GARDEN AND ORCHARD

**LARGE RANGE CULINARY & medicinal** herbs, seeds, rare vegetables, bio-dynamic herbs, animal fodder plants, fruit trees, books, farm walks, practical herb & useful edible plant courses. For info, articles & catalogue send 8 x 45c stamps Shipards Herb Farm, Box 66, NAMBOUR 4560. Enq, ph: 074-411-101.

**EARTHWORMS**, \$15 per 1000 including full info on breeding etc & delivery Aust wide. Ph: 09-454-4357, or post cheques to: Mr Gary Barker, 5 Kite Crt, HIGH WYCOMBE 6057.

**HERBS & PERENNIALS**, over 400 varieties avail by mail order. Send 3 x 45c stamps for list to Flowers, Leaves & Spines, 1365 Carisbrook/Talbot Rd, DAISY HILL 3465. Sorry no WA or Tas.

**TOBACCO SEED.** Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

**ALOE VERA** barbadensis plants, 2 for \$7, incl postage. C Williamson, Burnett Downs, BUNDABERG 4670.

**EARTHWORMS**, improve your soil providing healthier plants, crops & free fertiliser. Contact us for free info on worms, breeder kits & the most comprehensive publication list available on this subject. Worm World, PO Box 14GR, NORTH CAIRNS 4870. Ph: 070-537-134.



# GRASSIFIEDS

## GARDEN AND ORCHARD

**EARTHWORMS**, the 'speedy breeder compost worm' revolutionises your compost & transforms your garden. Just \$12 per 1000 worms, price incl postage Aust wide & pamphlet on worm care. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

**COMPREHENSIVE CATALOGUE** Aust native seeds. 1800 species, price \$6 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

**GOURD SEEDS**, 2 pkts for \$5, 5 for \$10, incl postage & planting guide. 10 varieties avail. Irene Kistowski, George St, KALBAR 4309.

**COMPANION PLANTING CHART**. Over 90 vegetables, herbs & fruits, incl plants as insect repellants. Sow When Chart, suggested sowing times for 100 vegetables, herbs & flowers. Mail order, \$5 ea + \$2.50 p&p (up to 5 copies). Plum Products (G), RMB 2907, BRUTHEN 3885.

**COMPANION PLANTING GUIDE**, over 130 herbs, vegetables, fruit, nuts & berries. Dirt & waterproof for outdoor reference. \$5.50 posted. Also acres of display gardens & compost exhibition to visit. One day garden & health courses every month. Open 10am-4pm, Sun-Thurs. Closes Xmas. Ph: 046-818-623. Earthkeepers, Addison St, THIRLMERE 2572.

**HONEY LOCUST SEED**. Propagate your own, \$10 pkt, 60 seeds, postage & info incl. Yarralaw Shade & Fodder Trees, Yarralaw Rd, BUNGONIA 2580.

**SEEDS**: ethnobotanicals, fruits, nuts, gingers, bamboos, natives etc. Over 400 species. Personal collection ensures viability. For list send SAE to Fruit Spirit Botanical Gardens, DORROUGHBAY 2480.

**KINGS SEEDS**, 100 new varieties for spring. The new range of 540 seed varieties includes herbs, dried flower seeds, bee plant seeds, insect repellants, oriental & gourmet vegetable seeds. Send \$6.20 for our new glossy 1991-92 colour catalogue. Helpful hints on how to grow & use the plants are included. Send SAE for a price list. 2 wall charts \$4.50 ea - culinary or remedial herbs & how to use them. P&H \$2 per order. For more info write Kings Herb Seeds, PO Box 975, PENRITH 2751.

**TREE SEEDS**: Southern European oaks, Algerian holm, cork etc. American oaks, mesa, red etc, black walnut, tree lucerne, honey locust etc. \$2 per pkt + postage. For catalogue send SAE, H & A Gravestine, C/-PO, WYNDHAM 2550.

**GOURD, FUN GARDENING!** Specialising in books, magazines, fresh & dry gourds for craft, birdhouses, musical instruments, seeds & people's needs. For info send stamp to The Australian Gourd Club, 187 George St, GR, EAST MAITLAND 2323. Ph: 049-336-624.

## PUBLICATIONS

**'AUSTRALASIAN SURVIVOR'**, the magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 39, BARKER CENTRE 2603.

**'SEPTIC TANKS'** *How to Install, Build & Maintain an Existing One*, easy-steps booklet. Don't desludge, treat the cause not the effect \$15. HG Stephens, C/- Customer Mail, ANZ Bank, 55 Collins St, MELBOURNE 3000. Ph: 03-510-3192, 066-492-704.

**'ORGANIC GROWING'**, Australia's national quarterly magazine for chemical-free farmers & gardeners. Practical 'how to' advice, plus news of the organic scene the world over. \$3.20 per issue from newsagents or \$12 pa by subscription (Aus); \$16 pa (o/seas). For more info write PO Box 228, ULVERSTONE TAS 7315.

**'THE OWNER BUILDER MAGAZINE'**: Want to be a successful owner builder? *The Owner Builder Magazine* has plans, money saving ideas, advice & articles on successful owner builders. *The Owner Builder Magazine* is available from newsagents or by subscription. \$21 for 6 issues. For more info write PO Box 974, BENDIGO 3550.

**'THE PERMACULTURE EDGE'** magazine for current information on applied permaculture world wide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

**'NEXUS NEW TIMES'** magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$15 per year. Nexus New Times, PO, MONTVILLE 4560.

**'FOCUS ON HERBS'** - quarterly herb magazine covering herbal medicine, ethnobotany, research, craft, cookery, cultivation, folklore & more. Specialist writers from Australia & o/s. Cost \$16 pa. Focus on Herbs, PO Box 203, LAUNCESTON 7250.

**'AUSTRALASIAN HEALTH AND HEALING'** - Journal of alternative medicine. Australia's major health care quarterly, emphasising self healing & prevention of illness through measures which raise body defences. Sold at most newsagents and health shops, \$4.95 each, & by subscription, \$19.80 or \$26.30 with Health & Healing Newsletter per 4 issues (1 yr), \$38 or \$50 with Health & Healing Newsletter per 8 issues (2 yrs). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

**'NZ POULTRY & GAME BIRD'** magazine covers wide range of poultry, waterfowl, cage birds, pigeons, conservation, breeding, nutrition, free range eggs, & many more in-depth articles. Subscriptions \$A33 airmail, samples \$A5 each. Personal Aust cheques accepted. For more info, NZ Poultry & Game Birds, PO Box 5070, NEW PLYMOUTH NZ.

**DONKEY SOCIETY OF AUSTRALIA**. For info on magazine subscription, publications, books & the care of donkeys contact: DSA, C/- Mrs Margaret Smith, PO Box 128, KENILWORTH 4574.

**'THE STOCK SADDLE'**, a how-to-do-it book on making, repairing & counterlining your stock saddle, by Ron Edwards. \$15 posted from Night Owl Publishers, PO Box 242, EUROA 3666.

**MAIL ORDER BOOKS** on farming yabbies, ostriches, deer, agroforestry, fruits, nuts, berries, plant propagation, hydroponics, cut flowers, herbs, plant oils, poultry, worms, ferrets, rabbits, organics, other alternative enterprises, horticulture & agriculture. Please send SAE for a list to Country Life Books, PO Box 1, ARDMONA 3629.

**'LIVING WITH WILDLIFE'** by Eva Murray. The author gives sound advice on how to deal with over 50 species of animals common to urban Australia, how to care for injured & orphaned animals, 'human first aid' & more. \$19.95 + \$2 p&p.

**'SAFER PEST CONTROL'** for *Australian Homes & Gardens* by Paul Rogers, one of Australia's foremost authorities on the adverse effects of pesticides on human health & the environment. It describes the proven & potential hazards from the indiscriminate use of pesticides in the urban environment. Reference source for pest control in household, garden or urban environment. \$9.95 + \$1.10 p&p. Orders & enq: The Complete Animal Bookshop, PO Box 82, CASTLE HILL 2154. Ph/fax: 02-899-5827. 'If it's in print, and you want it, we'll try our best to find it'.

**REPRINTS OF *Teach Yourself Divining*** from author Richard Foord, 17 Cox St, PT FAIRY 3284. \$8 each incl postage.

**'HOW TO BUILD A MUD BRICK HOUSE'**: A Step-by-Step Guide by Gregory Ah Ket. Build your own mud brick house! This practical manual takes you every step of the way from the planning stages through to the completed house. Clearly laid out with over 100 easy-to-follow diagrams, drawings, b/w & colour photographs. Widely recognised as the best book on the subject. \$24.95 + \$5 p&p from: Blake & Wasson Books, GPO Box 1591, MELBOURNE 3001. Ph: 03-500-9328.

**'ALTERNATIVE PLANS & PRODUCTS'** 4th ed - 1992. Comprehensive listing of books, booklets, plans & info-pacs, covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, house plans & bio-spheres, 12V workshop set-up, appliance conversion, batteries -special types & their construction. Mini work vehicle construction plans, growing plants for profit (business at home set-up), solar powered water pumps, water purification & more. For a detailed catalogue please send \$4 with a long SAE. Alternative Plans & Products, 23 Glenore St, MITCHELTON 4053.

**'PRACTICAL PROSPERITY FOR THE 90'S'**. A simple & practical, step-by-step instruction manual on 'how to' get, keep & increase money, even if you have debts. Compiled over 3 years of research. Low price for GR readers. For more info write to Money Matters, PO Box 589, ASHGROVE 4065.

**BOOKS, OLD & NEW**, send for list. R Suters, PO Box 127, FIGTREE 2525.

# GRASSIFIEDS

## PUBLICATIONS

'TEXTILE FIBRE FORUM' covers all the textile arts in the Australian region & incl NZ, plus an international component. It is a high quality, 62-page colour magazine. Subscribe for \$17/yr for 3 issues (write to TAFTA, PO Box 192, MITTAGONG 2575.) A 2 yr subscription is \$33. For a sample issue send \$5. Make cheques payable to TAFTA. A truly exciting publication.

BOOKS, horticulture, gardening, native plants, mail order, lge selection. Send for free catalogue. Goondooloo Book Service, PO Box 288, GATTON 4343. Ph: STD free 008-073-103 any time.

'WILDFIRE' - modern poetry for all people. Send \$5 to Cathie White, PO Box 558, GEELONG 3220.

'HOW TO MAKE MONEY AT HOME'. Send for this amazing booklet. Many ideas on making money while staying home. Send \$5 plus \$2 postage to SF Hill, Hill Valley, LIGHTNING RIDGE 2834.

FOR SALE, IAN IDRESS collection, 9 paper backs, 17 hard cover, some first edition. Ph: 074-655-152.

## MISCELLANEOUS

COONON GIBBER wood heaters. Will burn for days without going out & heat large areas. \$350 freight free to your door. No assembly required. For more info Dave, 14 Sixth Ave, CHELTENHAM 5014.

MOBILE HOME, Ford 1974, 23 ft bus, complete engine rebuild, new tyres, long rego, fully self-cont camper: 3 way fridge, kitchen, toilet, shower. Electric driven water system. 240V/12V power. \$15,000. Ph: Canberra 06-248-8894, 247-3352.

WOODEN BATH MATS. Pine. \$65 incl p&p. M. Langford, 44 Branjee Rd, EUROA 3666. Ph: 057-951-032 AH.

THE AUSTRALIA DOWN UNDER Pen Pal Club has contacts worldwide in your interest area - books, stamps, matchbox labels, business & much more. Club joining fee \$20. If you want a pen friend, a business contact or to extend your hobby send SAE for free information. C/- PO Box 668, PORT ADELAIDE 5015.

HOME SOLAR UNIT, 6 panels on frame, 2 banks 24V batteries, inverter converts to 240VAC. 32VDC diesel generator for back-up. Panels, sun-tracks. \$5,000. Ph: 054-239-247.

CRUISING YACHT, 42 ft, fully fitted out to live in and/or sail away. Value \$130,000. For sale or part exchange for property. Ph: 03-791-9067.

MAKE YOUR OWN OPAL JEWELLERY. Black opal suitable for earrings, pendants & rings. Direct from Lightning Ridge Opal Mines. Earrings - opal only \$20 per pair. Pendants - \$50 per stone. Rings - \$60 per stone. Also available are parcels of mixed colours & sizes for \$100. Made up jewellery also available. Postage extra. Up to \$100 add \$7.50. Over \$100 add \$10. Send to SF Hill, Hill Valley, LIGHTNING RIDGE 2834.

LOW SPEED GENERATORS for windmills, water turbines, steam engines. The definitive book: *The Homebuilt Dynamo* (1987), 182 pp, 8 1/2 x 12 in hardback. Generator design & construction with ceramic magnets. Complete plans, 268 photos, step-by-step construction details. Postpaid airmail \$85, brochure \$5 refundable. For more info Todd-Forbes Publishing, PO Box 3919, AUCKLAND NZ.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

SUGARCANE CRUSHERS (2), suit market stall (juices) or cottage industry producing gur for organics or markets. \$550 each ONO. Ice scrapers, suit market stall for SE Asian style iced drinks/confections. \$500 ea ONO. Ph: 066-331-254.

PROTECT YOUR SKIN with 'Forest Edge' creams & salves. Suit individuals & stallholders. SAE for products list. Forest Edge, PO, BROOWEENA 4620.

AUSTRIAN LEAD CRYSTALS. The original rainbow generators, finest quality crystals, 38 shapes incl spheres, teardrops, pendulums, octagons, hearts & more. Hang in sunny windows for dancing spectrum rainbows. Send SAE for catalogue. Wholesale enquiries welcome from shops & marketeers. Thora Trading, 'Patanga', Darkwood Rd, THORA 2454. Ph: 066-558-668.

SCIENCE FICTION, sorcery, warriors, ancient history, books, comics, free catalogue. S Owen, PO box 92, ISLINGTON 2296.

ENGINES: Power of the Past for the Future. Reconditioned stationary & portable engines for generating, pumping, machinery etc. Owner engines, reconditioned or changeover. All supplied with 3 month guarantee. Service & spares. Enq Aust wide welcomed. Ring us on your power needs on 057-662-974 or write to JLB Engines, C/- PO, GLENROWAN 3675.

WIND GENERATOR, BP solar, Solarex solar modules, deep cycle batteries, inverters, 12/24V lighting, fridge/freezers, solar/wind pumping systems, Gallagher elec fencing. Special discounts for Grassified readers. Renewable Energy Developments (RENDEV), Showroom Rear, 249 Princes' Highway, CORRIMAL 2518. Ph: 042-840-045, AH 042-848-100.

FOOD DEHYDRATOR, lge capacity, 1200 HG x 450 wide, electric fan forced motor, white colourbond cabinet, stainless steel interior & trays. Suitable fruits, nuts, vegies etc. Bankrupt stock. \$900 each. Ph: 059-788-510.

BIOLOO, waterless composting toilet, very good condition model. \$800. (Near Mittagong). Ph: 048-898-388.

SOUTHERN CROSS CRYSTALS. Plated brass mobiles set with lead crystal. Also hand beaded glass & lead crystal mobiles. Send SAE 'Patanga', Darkwood Rd, THORA 2454.

CINVA MUD BRICK RAM for sale. Best offer over \$250. Ph: Richard 02-631-2604.

PLANS PROFESSIONALLY DRAWN & structural computations (cyclone rating), 32 sq mud brick home (verandah all round), 3 b/r (ensuite b/r 1), sunken lounge with central fireplace, family room adjoining lge eat-in kitchen, walk-in pantry, dining room, 2 WC, art/craft room, den, store room, bathroom, laundry. \$450. Ph: 08-398-2348 (evenings).

GOLDEN CHALICE - aromatic gemstone oils. Mail order catalogue available. Send SAE, C/- PO, THORA 2454.

FOR SALE, 'GRASS ROOTS' magazines -Early Years, No 6 through to No 88. Also *Earth Garden* 1-54. Ph: 074-655-152.

SOLAR POWER & water pumping. Solar refrigeration & associated equipment. Write for free catalogue. Gladden Organic Produce, C/- PO, CUBALLING 6311. Ph: 098-836-118.

## CONTACTS

*If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your advertisement.*

## NSW

SINGLE, attractive female, tall with green eyes, age 23. Loves horses, swimming, dining out, music & travelling. Would like friend of opposite sex for friendly outing or letter writing. Persons between 25 & 30. Would like to exchange photos. Donna, PO Box 1363, WOLLONGONG 2500.

COUNTRY GIRL, good looking, 40 yo, on parents' sheep farm. Like to correspond with outgoing, nature loving guy between 29-42. I am loving & caring. I have got a good sense of humour. I only correspond with single males & I am looking for a r/ship with good looking male without tattoos & earrings. I hope there is a male who would like a r/ship with me. I hope there is interest in a r/ship with me. Miss Elizabeth Stampfli, 'Bernina', CAPERTEE 2846.

WELL PRESERVED GUY, age 49, desirous of meeting compatible femme. I'm average build, fit & healthy, enjoy stress free life in sml village near the sea. Not an unhappy single but do wonder at times if life is complete. Hence this ad. Interests at present include beach walks plus dog, running, computers, living & challenging situations as they arise. No interest in narcotics or meat. If you live within a 3 hr drive of Milton & feel some compatibility towards myself please get in touch. You could really be that special. No smokers, meat eaters or born again types please. Until we meet. Roger Croft, PO Box 272, MILTON 2538.

DEADLINES: GR 91 - APRIL 24TH  
GR 92 - JUNE 26TH

GRASS 77 ROOTS

## NSW

**PRACTICAL**, quiet, divorced, Gemini man, 46, 5 ft 9, n/s/d, sense of humour, into gardening, markets, animals, semi self-suff, non-vegetarian, not club/pub type, has nice home on sml ac. Seeks creative, sensitive, thinking, caring, sml framed lady, 35-45, n/d, with similar interests & ideals, to share home & future, for long term, lasting r/ship, children welcomed. We have made all the mistakes, this time we will get it right. Write C/- PO Box 23, NANA GLEN 2450. All letters answered.

**LADY**, 40, busy practical type, sensual, slim & fair, 5 ft 6, d/s with 7 yo son, seeks passionate, companionable, financial partner in 120 ac near Cooma. I need a man to love & help build a house, grow some cows & build up the property, who likes all facets of life incl travel, cars, animals, cooking, music, reading & own space. Who has imagination & is innovative & can laugh at chaos. I need one who is bright & lively, who likes a quiet home brew with the rest of the family, with drive & can match my fitness & share control with me & mine. Ph: 06-247-5882.

**QUIET NATURED GENT**, 39, 5 ft 7, med build, n/s, s/d, down-to-earth, warm, caring, romantic, good sense of humour, seeks slim, feminine lady without ties to love in a perm/r/ship based on honesty, trust & respect. My interests incl nature, bushwalking, BBQ's, gardening, animals, art, music, movies, dining out. I lead an active healthy lifestyle working a lge ac & live in a comfortable cottage set in a peaceful, picturesque valley. A believer in the basic values & simple pleasures, to share all this with a sincere, loyal (and affectionate) partner would be my greatest pleasure. Genuine. All replies answered promptly. Please write to The Advertiser, PO Box 80, ABERDEEN 2336.

**YOUNG**, dazzling, s/w/d lady, child OK, for penpal, possible live-in, near beaut forest, s/d/s OK, non-religious, any age to 38. Must be sensible, intelligent, nature/animal lover, for kind loving male. I have everything except loving woman to share with, would be great 'Dad' for your kid. Please no gold diggers just down to earth super dooper girl. I'm happy, healthy, 48, divorced, no kids, own home & business. Do you have internal beauty as well? Ph: 058-843-270 nights.

**SEMI-RETIRED** widower doctor with wide interests seeks compatible lady to live with him in his Canberra home. Eventually to move to the nth coast of NSW. Write Allan, PO Box 202, CURTIN 2605.

**TAURUS**, MALE, 52, nth coast, seeks active female in harmony with nature, natural health/wellbeing, beach, sunning, swimming, beach walks, bushwalking, reading, good conversation, caring of the planet. Likes rain on the roof at night. I'm 5 ft 10, 12 1/4 st, n/s, s/d, intelligent, some means. Please write Jack (GR 90), C/- PO Box 242, EUROA 3666.

**MOUNTAIN FOREST** dweller, seeks n/s, vegetarian man, around 50 to share joys & hassles of an active, thoughtful life. Rave to Eve (GR 90), C/- PO Box 242, EUROA 3666.

# GRASSIFIEDS

**COUNTRY GIRL**, good looking, 40, on parent's sheep farm. Wants a r/ship with a single guy without tattoos on the body. I hate tattoos on guys. I hope there is a single guy between 27-42 who would like a r/ship. Elizabeth Stampfli, 'Bernina', CAPERTEE 2846.

**GENTLEMAN**, 60 yo, n/s, fit, active, desires a lady, age open, as a travelling companion to slowly tour around Aust, in my comfortable c/van, staying when we like a place. It would be nice to share all the beautiful rugged scenery with a compatible, reliable companion. She should be a lady who can stay overnight in the bush sometimes & is willing to 'rough it' a little, enjoying both the coast & the outback. Write Warren, PO Box 72, NAMBUCCA HEADS 2448.

**BOHEMIAN FEMALE**, looking for someone to help work at self-suff lifestyle so own experience & resources can be better utilised. Most desirable would be rock guitarist or drummer for night-time jamming, non-professionally, semi-reclusive, n/drugs. I'll move for right situation. Children & animals welcome. Lesley, PO Box 113, GUYRA 2365.

**LIBRAN LADY**, 47, is keeping one of her new year resolutions by writing this letter, hoping to meet new friends & especially, hopefully, a kind, honest, good-hearted man, with a shared future in mind. I'm divorced, happy, healthy, working as a music teacher. I live in my own home with 2 sons & enjoy music (of course!), chess, cooking, reading, gardening & learning. I don't smoke, drink rarely, love the movies! Please make contact if all this sounds interesting. I'll answer every letter. Beverley, C/- 51 Barker Ave, LIDCOMBE 2141.

**LADY**, 40 yo, attractive, slim, would like to share property enhancing partnership with good looking male, 35-45, who enjoys fresh air, peace, quiet, the land, mtns, veg/growing, self-suff, sincere. Please write. V J (GR 90), C/- PO Box 242, EUROA 3666.

**GAY MAN**, 41 yo, looking for friend who is into country living. I love the country life but not the loneliness. Would like to meet someone 40-70, pensioner no problem. Steve (GR 90), C/- PO Box 242, EUROA 3666.

**PERMANENT KINDRED SPIRIT WANTED** by 44 years young, attractive, intelligent, hard-working lady. Sydney based, getting ready to return to live on remote mtn forest property (Upper Hunter), to create gardens, write, read & enjoy life with all my senses. If you too have earned the right to such a pleasant life & you like to balance independence & solitude with intimacy & companionship, satisfying physical work with mental stimulation, please write, it's time we met. Sharyn (GR 90), C/- PO Box 242, EUROA 3666.

**LADY** 27, transexual, seeks kind, honest, sincere guy for friendship, r/ship. Likes beards, cooking, homemaking & gardening. ALA, photo if possible. Am creative. Shannon (GR 90), C/- PO Box 242, EUROA 3666.

**MALE**, 37, n/s, divorced many years, great sense of humour, tall, good looking, self-employed, living with teenage daughter, building own home on 5 ac on sth coast. Bit of a romantic, enjoy home entertaining, bushwalks, horseriding, beach, music, reading the paper with cappuccino. Long term plans incl travel. All replies answered. Please write Rob (GR 90), C/- PO Box 242, EUROA 3666.

**MAN**, 40 YO, financially secure, young at heart, slim build, 5 ft 6 & 10 st, referred to as 'cute'. I believe in moderation, practicality, honesty, sincerity, humour & compassion. I seek contact with a lady with similar qualities, 28-40, petite stature & says thank you for her mirror reflection. I would travel any part of Aust to meet you! Reply to Peter (GR 90), PO Box 242, EUROA 3666.

**ARIES WOMAN**, 58, wishes to meet fit & healthy GR man around same age, n/s, s/d, for friendship. Interests: living off land, travel, dancing, country music. Only genuine people please. M C (GR 90), C/- PO Box 242, EUROA 3666.

**MALE 35 WITH 8 YO** daughter. Living in Canberra, n/s, 'not bad' looking, sense of fun & adventure. Enjoy homelife & outdoors, walks along beaches & rivers, swimming, pushbike rides, sunsets, watercolour paintings, rain on the roof, scuba diving, camping, BBQs & picnics. Seeking lady for friendship & hopefully perm/partner to share honest, affectionate r/ship & dreams for the future. All replies answered. Mark B (GR 90), C/- PO Box 242, EUROA 3666.

**A FRIENDLY**, well educated, attractive & slightly chubby 38 yo woman would like to meet a n/s, financially secure male companion. My interests include walking, relaxing, swimming, movies, restaurants & church. I will reply to all letters. Reply Julie (GR 90), C/- PO Box 242, EUROA 3666.

**ATTRACTIVE**, petite brunette, blue eyes, 35 yo, divorced, no children. Feminine, resourceful, strong character, loving, many interests. Looking for very special man of character, healthy/attractive appearance, practical, financially secure/working, handy, warm, sense of humour, faithful, wanting very happy r/ship/marriage, children (hopefully). Prefer n/s (l/d only), 30-45. Very honest replies only please with photo. Elisa (GR 90), C/- PO Box 242, EUROA 3666.

**I'M A** 26 yo single mum. Somewhere out there is a man, who has an interest in cottage gardens, happy natured, good looking, 26-28, slim, muscular, n/s, n/d, intelligent, n/religious, artistically or musically inclined & lives near Camden. That's all I want. Ha! Send a photo & details to DSS (GR 90), C/- PO Box 242, EUROA 3666.

**HAPPY**, healthy, intelligent lady, 39, 5 ft 2, 47 kg, blue/green eyes, brown hair, living in the mid nth coast (Manning River area). I enjoy communication, gardens, reading, fishing, nature, learning, cricket, ABC TV & alternative lifestyles. I am seeking a friend, partner, soul mate, a n/s, around my age 39-47, honest, at ease with himself & who wants a carefree, equal r/ship. Write to Anne (GR 90), C/- PO Box 242, EUROA 3666.

## NSW

LAUGHITER, music, theatre, movies too, dancing, gardening, car drives, catch the view, sailing, swimming, gentle waters blue, a challenge over 45-55 me & you, ALA. Reply enclosing recent photo to Robyn Newcastle (GR 90), C/- PO Box 242, EUROA 3666.

### ANSWERING AN AD?

*Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address and forward it.*

## QLD

GENT, 38, 6 ft 3, 14 st, blonde/brown hair, hazel eyes, Scorpio, smoker, not into mind games, TV, alcohol, wishes to correspond with a lady to 38 who is into trees, animals, gardening, cooking, music, homelife, candlelit dinners, with a view to a perm/r/ship. Charlie Kellett, C/- 376 Stenhouse St, Koon-gal, NTH ROCKHAMPTON 4701.

ENGLISHMAN. Well preserved 51 yo, 5 ft 8. Owns 1 ac permaculture property/house, but could relocate. No debts/dependants. Needs wife up to 45 yo. Any colouration. Preferably well built. All replied. Alan Rainford, MS 98, LARAVALE 4285.

LADY, 49, young, fit, outdoors, nature orientated, interest is looking for an alternative to office job, urban living. Would be great to have reliable like-minded companion, 'two heads are better than one'. So I seek intelligent, trustworthy man with a sense of outdoor adventure, fit, n/s, no ties, someone who leads active, non-city life. Recent photo appreciated. Please be honest & sincere. Please write Qld Lady (GR 90), C/- PO Box 242, EUROA 3666.

HARD WORKING, mature, Taurean male, 38, 5 ft 11. Interests yoga, owner building, self-suff, compassionate, romantic, sensitive. Seeking a n/s female wanting a perm/r/ship. The idea being to get to know each other, share, support, love, dream with a view to having the resources & skills to adopt a GR lifestyle in the country in a few years time. Looking for a feminine woman with a sense of humour, expressive, resourceful, intelligent, spiritually receptive, good if musical. Recent photograph appreciated. Write to Leslie (GR 90), C/- PO Box 242, EUROA 3666.

GENTLEMAN FARMER/GRAZIER, n/s, s/d, semi-retired, 47 years young, respectable, genuine, Taurus. Enjoys life, fishing, beach, antiques, country life, music, financially secure. Seeks compatible lady perm/r/ship. Reply with photo, ph no to Ken (GR 90), C/- PO Box 242, EUROA 3666.

HE IS TALL, slim, stimulating, open-minded, energetic, very practical, creative, active, educated. European origin, just turned 50, n/s, very light drinker, loves the outdoors, country life, native animals, home life, reading, conversations etc. Finished building my cosy home, looking for togetherness, a perm/r/ship would be idea. Would love a photo. Reply to AB (GR 90), C/- PO Box 242, EUROA 3666.

# GRASSIFIEDS

DEADLINES: GR 91 - APRIL 24TH  
GR 92 - JUNE 26TH

GENT, 50 yo, would like to meet loving, caring, down-to-earth lady & hope she enjoys bushwalking, camping, gardening & other outdoor activities & also enjoys a simple, peaceful, homely, country life. Prefer n/s, s/d. Reply to Joh (GR 90), C/- PO Box 242, EUROA 3666.

MALE, 51 yo, 5 ft 8, slim build, n/s/d, 5 ac nth Qld, but could move. Likes bush, nature, outdoors. Ph: 079-461-407. Bill (GR 90), C/- PO Box 242, EUROA 3666.

QUIET MALE, 25, enjoy outdoor lifestyle, sunset, stars, bushwalking, rain on the roof & open-minded. Looking for female with similar interests to travel around Aust in bus, working holiday. Must like the simple lifestyle, will be settling down to the country, after travel. View to perm/r/ship. Write to Paul (GR 90), C/- PO Box 242, EUROA 3666.

MOTHER of 2, 27 yo, into reading, writing, walking, playing, spiritual matters, would like to hear from single father, any age, into home life, is happy, self-assured & communicative. Contact Mandy (GR 90), C/- PO Box 242, EUROA 3666.

## SA

INDEPENDENT, late 40's, professional lady from Barossa Valley, seeks male companion, 50 ish, for social outings. Prefer n/s, s/d, who likes dancing, theatre, music, books, art. Intelligent conversation & sense of humour essential. D Kirkbridge, C/- PO, SANDY CREEK 5350.

INTELLIGENT, creative lady, 40 yo, 5 ft 6, slim, of caring loving nature. Into country living, vegetarian cooking, crafts & working. Seeking, compatible, emotionally stable, refined romantic, n/d, n/s, gentleman. Are you honest, caring, have sense of humour, and would like to meet like-minded woman for 'lasting togetherness'? Then please reply to Jenny (GR 90), C/- PO Box 242, EUROA 3666.

TALL, nature loving woman, 40, son 10, GR renovator's challenge. Obvious potential to keen eyed GR male to 50, seeking companionship. Irene (GR 90), C/- PO Box 242, EUROA 3666.

## TAS

WOMAN WANTED who enjoys old ruins. Active, tall & cultured 52 yo male, seeks that special someone, who also likes history & travel. If you are slim & intelligent, appreciate the arts, enjoy food & wine, feel the allure of faraway places, please get in touch - we might just tease out something via the mails. I am divorced, professionally employed, a laid back, non-dogmatic, kindly & sociable person with wide interests & not many bad habits. Current base is a scenic hill property, where the tranquility, disturbed by the odd rowdy sheep, would satisfy the most fastidious GR person. A Guy, PO Box 107, NEW NORFOLK 7140.

HUON AREA TAS, 2 gay guys living semi-alternative lifestyle, many interests, like to meet other like-minded people, gay, straight, lesbian, bi. See ya. Ph: 002-664-185.

MALE, 37 yo, Libra, n/s, vegetarian, single father of 15 yo son, enjoys a quiet life, nature, bushwalks, camping etc. Seeking similar female for lasting r/ship. Please reply Charles (GR 90), C/- PO Box 242, EUROA 3666.

ARIES, 25 yo, single mother of one beautiful boy 8 mths, seeks soul mate with view to marriage with a caring, gentle, intelligent, attractive & loving lady. He must be genuinely willing & interested in child rearing & be caring, loving, intelligent & be willing to commit himself fully. No religious people please. 25-35 yrs. Photo appreciated. All replies answered. Write Kym (GR 90), C/- PO Box 242, EUROA 3666.

## WA

MALE, 28 yo, Scorpion. Nurse, n/s, into motor-cycle riding, bushwalks, dining, quiet intimate moments. Looking for a lasting friend & r/ship. Must be motivated, no-one lazy. Send letter & photo to Wayne, PO Box 1440, MIDLAND 6056.

LADY, 40, fit, looks good, intelligent, broad-minded, sensuous, adventurous, travelled, down-to-earth, 2 children, lives SW. Loves nature, good communication, laughter, music, camping, gardening, massage. Are you tall, n/s, honest, practical, affectionate, not into religion, drugs or sport, but caring & looking for companionship. Then please write. G W (GR 90), C/- PO Box 242, EUROA 3666.

HII, I AM 39 yo, smoker, 's/d, very male, single, looking for a female around the same age, any nationality who enjoys the country life & who is not a pretender. All I can offer is love & a good sense of humour. I am presently working around WA. But can travel at will. It is time for me to settle down. I would also love to have a child of my own blood to carry on, in this mad world. Please write to Adim (GR 90), C/- PO Box 242, EUROA 3666. Happy birthday Pet from Buzz.

## VIC

AUST MALE, Melbourne-ite, young, happy, 48, active, working, 6 ft, 73 kg, caring, n/s, s/d, if at all. Enjoys dancing, social outdoor life, travelling, most music & quiet times. Like to meet slim lady, 35-45, n/s or ties, similar interests, looking for a better life. Melbourne-ite (GR 90), C/- PO Box 242, EUROA 3666.

MAN, 43 yo, no ties, n/d, n/s. Interests include animals, country living, self-suff, organic growing, the environment, not into sports, other interests include reading, music, walking. Would like to live a simple life in perfect harmony with nature & the bush. Any quiet lady with interests as above write to B F (GR 90), C/- PO Box 242, EUROA 3666.

SINGLE GENT, 44 yo, 5 ft 4, 9 1/2 st, seeks lady 32-40 for sincere r/ship. I enjoy camping, dining out & just lead a simple lifestyle. Please write to John Walters, C/- 139 Stumpy Gully Rd, HASTINGS 3915.

## VIC

**PETER** has idyllic rural life to share with slim, n/s lady, 40-55, interests self-suff, gardening, classics, art, swimming (skinny sometimes), kyaking, adobe. Ph: 054-632-353.

MELBOURNE-based male, 35 yo, attractive, writer. Intellectual, but emotionally sensitive, romantic but realistic, enjoys blend of city & country life. Seeks lady friend, with creative interests, spiritually & socially aware, 20-40 yo, to share feelings & ideas, to laugh & play. Please write Mike, C/- Werthy Investment Services, 28 McConchie St, KEW EAST 3102.

**BROAD-MINDED** young men, wanting GR lifestyle, are invited to join disillusioned engineer buying country place to share somewhere in eastern states. PII: 03-789-6435 or write to PO Box 396, FRANKSTON 3199.

I WOULD LIKE to thank all ladies who answered my ad, but far too many to reply to. Don't give up & good luck. S M (GR 88).

**MALE CAPRICORN, 45**, slim build, looks OK, divorced, very affectionate, sense of humour, good cook, loves beach, bush, music, art, candlelight dinners. Smokes & drinks socially (not into pubs). Seeking slim, attractive lady, 25-38, with similar interests (no religious cranks please), view to perm/r/ship. Reply with photo. P R (GR 90), C/- PO Box 242, EUROA 3666.

GUY, mid 30, prof, vegetarian, n/s, s/d, loves music, horses & most other GR interests. Searching for confident, positive female with sense of humour & good communication skills. Ross (GR 90), C/- PO Box 242, EUROA 3666.

SOUTHERN VIC, male, 48, no hangups, slim, fit, loves beach, fishing, nature, bush. Clean, tidy, good cook, affectionate, loving nature. Seeks female soul mate who is honest, caring & respectable & can be a one man woman. Must be prepared to relocate. If you can be serious & looking for perm/t/ship. I would like to hear from you if possible. Please send photo. Keith (GR 90), C/- PO Box 242, EUROA 3666.

LADY, 32 yo, 5 ft 5, med build, fair, living SE suburbs, Melb, (due to work), like to meet GR people, particularly a happy, healthy man, looking for & willing to give love & companionship. Bush girl at heart, interests farming, gardening, all animals, walking, home life, music, movies, dancing, work, n/s, light s/d, appreciate same. Please write Chriss (GR 90), C/- PO Box 242, EUROA 3666.

## OTHERS

WOULD JENNY HOGG or anyone knowing her whereabouts please contact Sandra. Ph: 06-281-2863.

**ASTROLINKE Astrology Assisted Introduction Service** invites you to create your life as you want it and share it with your most compatible partner. Ph: 018-665-605 for brochure. Free listing.

LADY, 50, n/s, n/d, divorced, enjoys nature, outdoors, bushwalking, travel, mtn scenery, home life, crafts etc, seeking caring, considerate gentleman for penfriend/view to marriage. Write to Flo Smith, Box 1301, Stn M, Calgary, ALBERTA T2P2L2, CANADA.

TRAVELLING PARTNER, I am seeking someone to join me on all or part of a relaxed no time constraints journey exploring the east

coast to far far nth Queensland, stopping where & when it feels right. I'm planning to set off early May. I have a Toyota campervan fitted for travel & have already tested it on a straight drive from the far nth to Melb. Travelling expenses & driving to be shared. I am looking for someone compatible, in their 30's-40's who is both friendly & communicative, but who can allow for personal space. A person who enjoys the sea, the bush, a healthy natural lifestyle (n/s) & of course travelling. This person needs to have a spirit of adventure & be ready for a journey not just a trip from A to B. I plan to do a short trip first to the Adelaide Festival in early March for 2 weeks, affording an option of a trial run re compatibility for the trip nth. Instead of just wishing you were travelling nth maybe this is the time to make it a reality. Please write, with ph no to Rhonda, C/- PO, SURREY HILLS 3127. Ph: 03-836-9156 before Easter.

## LATE GRASSIFIEDS

**FOR SALE, DOVER, 1 1/4 hrs sth Hobart.**  
Lge 3 b/r double storey, fully renovated home,  
use of myrtle, blackwood, celery. Lots of  
leadlight. S/c stove & heater. Granny cottage  
also set amongst magnif gardens, fruit trees.  
Close to schools, shop, beaches. Thermal  
pool, good fishing. House, cottage & sheds  
on 85+ acres, 2 titles, perm crk, bush &  
pasture, dam, town water, all new fencing.  
\$150,000 ONO or 40+ ac with above  
\$125,000 ONO. 40+ ac bush block, perm crk  
\$25,000 ONO. Vendor finance available.  
Rental with option to purchase a possibility.  
Ph: 002-396-502.

**Please refer to page 69 for details on how to advertise.**

[illegible]



# Feedback Link-Up Feedback

Dear GR,

About 18 months ago we wrote to GR from Queensland stating our wish to purchase a block of land to enable us to plan our eventual retreat from the suburban jungle and asking for advice from people who had actually done it and survived.

One result of that letter was a flood of mail from many wonderful people, all offering very valuable advice, encouragement and friendship. The other result was that we purchased a beautiful 5 acre block at NANANGO, Queensland. It was our intention to spend 12 months travelling to Nanango at weekends and working on our block, in preparation for moving on to it, and getting to know the town and its people. Shortly after buying our block, the government stepped in and transferred John's job down here to Sydney, effectively curtailing our plans. The time has now come (at last) when we can make the move back to Nanango, and we'd appreciate contact with and advice from people in that area. We have a bare, treed block, with power across the front, no water.

We are seeking advice regarding houses – are there any 'transportable' builders or KIT-HOME BUILDERS in the area that locals have dealt with and can recommend? What sort of prices are we looking at? Who builds the best tanks for the price, what size should we get, how much? What's the average local wiring-up and plumbing charge? Septic? What kind of time-frames can we expect? Any advice would be appreciated, all letters will be answered. We haven't seen Nanango for 18 months – what's new there? What temporary accommodation is allowable while you build? If caravans are OK, does anyone have one to rent or sell? How long does it take to get a phone connected? Sorry to ask so many questions, but if we don't ask, we won't learn! We are both mid-30's, fit, educated and capable, environmentalists, mostly vegetarian, alternative thinkers.

**John & Madelyn**

**PO Box 85, NTH RICHMOND 2754.**

## GOOD-DAY TO ALL GR FRIENDS,

I intend to make paper by RECYCLING OLD NEWSPAPERS and other vegetable matter. Does anyone know of a simple method of doing this? Has any information on paper making by hand been published in GR? Can anyone recommend a good book on the subject?

**Julian Randell**

**14 Hanlin Way, SAMSON 6163.**

*Paper making articles appeared in GR 56 & 79.*

## Dear GR Readers,

Hi there, I saw an article on YURTS in the August edition of GR, and am after some additional information on them. Plans etc, rough costing of basic structures, any difficulties encountered from having a round dwelling, and how they've been solved. In the meantime have also written to Michael Shepherd who is the apparent creator of Yurts in Australia from the article.

I have recently spent some time up on the Sunshine Coast and saw a home on the beachfront at Peregrine Beach, which most certainly had the concept of a Yurt structure. The place turned out to be a holiday rental and the builder unknown. Nevertheless, fell in love with the idea of eventually obtaining some land of my own and building one similar, maybe around that area.

Presently I'm unemployed, (29 yo), though do the odd massage, Reiki, kinesiology treatment to help make ends meet, so am wanting ideally to obtain land close enough to some mainstream society (though also far enough away) to continue doing my alternative healing fields for an income. This dream is to still be close enough to the ocean, as I've a true affinity with its nurturing qualities – amongst the warmer climate, – south east coast of Queensland, with the dwelling built into the environment.

**Luke Sawle**

**PO Box 184, MERMAID BEACH 4218.**

## Dear People,

In response to Jenny MacKenzie's letter in GR 87, where she claims to have found an environmentally friendly method of RECYCLING PLASTIC BAGS by using them to pick up 'doggy-dos', then disposing of them in the nearest litter bin.

I would like to point out that as convenient as this method might be, it is definitely not recycling and definitely not environmentally friendly. Organic material must never be disposed of in plastic which prevents it breaking down because the plastic, when it eventually ends up in land fill, will not break down. Plastics must be separated, cleaned and then returned to a collection point for recycling. In the case of bread bags, supermarket singlet bags and filmy fruit and vegetable bags, these can all be recycled by taking them to any Woolworths supermarket where you will find a bin out the front of the check-out where they can be deposited.

If you want to dispose of 'doggy-dos' they would be much better off wrapped in newspaper but I would suggest you don't carry the parcel in your pocket!

Jenny is to be commended for clearing up after her dog, but she, like us all, needs to consider the results of her actions and the use of environmentally friendly alternatives. Come to think of it, I'm a little surprised that I don't see more environmental debate within these pages. I would have thought that GR people would mostly be environmentally friendly? Am I wrong?

**Denis Rothwell**

**Littlewood Rd, NTH ROTHBURY 2335.**

*I think we take it for granted that all GR readers are doing what they can for the environment, which doesn't leave much room for debate – rather like preaching to the converted.*

## Dear Megg, David, Suni and Staff.

The letter from JIM KING (GR 85) brought to mind an old-fashioned remedy my father used to swear by. When I was young Dad leant over while feeding out the skim milk, left over from the milking, to the pigs and couldn't straighten his back. I am not sure what treatment he sought, but I know nothing worked for him until about eight years later an old chap gave him the following recipe. Day one, squeeze one lemon and take it neat (no sugar or water added) first thing in the morning on an empty stomach. Each day add one more lemon until day 12, then decrease by one lemon per day until back to one – then stop. The problem should be healed by then. I know it worked for Dad, he was delighted about the cure and would bend everyone's ear about it. It always made me feel shuddery as by the time you get to 12 lemons you are drinking at least 2 1/2 cups of straight lemon juice. However when you are desperate anything is worth a try.

**Merle Wong**

**Moore Rd, NAR NAR GOON NTH 3812.**

## Dear Grass Folk,

My daughter and family have just given me my second GR gift subscription. I love the magazine and would recommend a subscription as a great gift idea.

In answer to Sharon (GR 87), I belong to a local environment group – Dunedin Recycle. For the last 2 years we have sold RECYCLE LABELS. I supply them to my daughter in Queensland and they find their way across the Tasman regularly! Even the postbag my GR arrives in goes back to Australia proudly wearing a green Recycle label.

**Claire Hodgson**

**11 Fenwick St, DUNEDIN, NZ.**

## Dear GR Readers,

Does anyone have a recipe for VEGETABLE OIL SOAP made without caustic soda? I'm also after a method for producing sun dried tomatoes. Any hints or methods will be appreciated.

**Sue Robertson**

**C/- 24 Villiers St, NTH MELBOURNE 3051.**

## Dear Readers,

My husband and I have bought a few acres of land just south of Gladstone, in Central Queensland. Since our water supplies will consist of dams and tanks, we would like to consider sinking a BORE. We were wondering if anyone up that way has a talent for water divining? Bore-sinking appears to be rather a hit-and-miss affair, with mistakes proving rather costly to the small landowner. If there is anyone interested, perhaps he or she could get in touch at the address given.

**Mrs L Kealy**

**37 Railway St, DUDLEY 2290.**



# Gumnut Gossip

by Megg Miller



Gremlins seem to abound in life, rearing their ugly heads whenever one is least expecting it. We recently reprinted Pat Coleby's *Natural Horse Care* book and arranged with the printers to have it back here in time to take to a big agricultural expo in the area. We monitored progress during the weeks it was at the printers and received assurance that it would be delivered to us as specified. Deadline day arrive - but no books. 'They were picked up yesterday,' the printer said, 'but we'll look into it'. Late that afternoon I received a phone call from the freight company to say a mistake had occurred and that the said books were on their way to Sydney, not Seymour. Holy smoke! It is to the company's credit that the pallet was returned overnight and the books delivered to our office by mid-morning Saturday. We had the book for the final day of the expo so the outcome of this mix-up wasn't complete disaster, but I think we all gained a few more grey hairs from the experience.

Two interesting snippets I came across recently will interest but not surprise readers. An article on the business pages of the Melbourne Age mentioned that the recession was proving a tonic to Blackmores, the health and beauty people. 'Traditionally we do well in a recession', said the chairman. 'People want to take more control over their lives and one way they can do this is by taking control of their health by self-medication.' Over the years we've published numerous health articles from writers at Blackmores and their beauty range belongs to that small group which hasn't found it necessary to test on animals. The popularity the company is enjoying is well deserved.

GR 89 has arrived along with a large pile of letters because it's my birthday and old friends and family have turned up trumps.

For once, I ignore *Grass Roots* and even when I have devoured the cards and letters I look at it distrustfully. When I took the mail from the box I was on my way around the garden with a punnet of seedlings and a trowel, and I know from past experience that once the wrapper is torn off GR, I am hooked.

So I push it behind a cushion and trail off outside to do my duty to the garden, pausing to pick up a leaf here and straighten a plant there. There's a stone in my shoe, so I sit down to remove it. Something in the air is giving me hayfever, so I go back for a tissue and use it to wipe my perspiring brow. Isn't it suddenly twice as hot as it was; shouldn't I have a hat and sun-glasses?

On the way to the back verandah to find these essential items, I straighten the cushions on the miner's couch, maybe I forgot to shake them up this morning and what's this sticking out from under one? Oh yes, I remember, GR 89 came with the mail, perhaps I could just have a peek at the cover - it will only take a few seconds to check the index. I run my finger down the list to see what interests me most in this issue. What will I read first? After I have planted the seedlings, of course. Ah yes, Stone Buildings, I've always wanted a stone house, I'll just check the heading....

Two hours later, I emerge from Wildlife Corridors into Trees for Life, having put out a fire with a leather beater, sampled a selection of green tomato pickles and met a sympatico stranger courtesy of Grassifieds. And help, look at the clock, it can't be that late! Ah well, too late to do much outside now and I'm still in garden clothes and not too clean, so I run a bath and sink into the warm water, still clutching GR, to go through the bits I have skipped. Versatile Shade Cloth, just the thing to keep the wind off the newly planted climbers, what a good idea. Will I order a Hot Drum Heater before the price goes up? Here's just the type of gate to span the Seven Creeks where it floods across the flats. Too late for Natural Pregnancy Care;

The second item came from a radio programme in which the proprietor of a seed business mentioned how business was blooming. As people tighten their belts it seems they are turning to gardening for both recreational and financial reasons. Perhaps the glimmer of light in the present economic climate is that people from all walks of life, not just *Grass Roots* types, will experience the benefits that can be derived from a more independent lifestyle and will choose to continue these during better times.

Because so many people have been forced to reduce their living costs we've been endeavouring to include articles that will either help save money or extend the resources folk have with minimum expenditure. If there are topics in this area you'd like to see covered let us know, or equally, if you have a skill or project which can be translated onto paper for everyone to share we'd love to hear from you. Don't forget that the articles which are of benefit to most readers are practical and DIY in nature rather than philosophical.

From time to time we receive amusing notes from readers commenting that they never get anything done until they read GR. It's obviously a condition common to many and I can recall referring to this state in Gumnut Gossip some years back when a reader wrote to say that she had walked into a light pole while reading her magazine on the way home from the post office. When the following gem arrived a week ago my fellow workers said, 'You've got to put it in, it's really great'. Thanks Gwen Clark for sharing your 'incurable addiction' with us.

Gardening against the Odds, don't we all? Down Home on The Farm, wonder how GR daughter will adjust to humdrum old Oz after her exciting year in the US, and finally to Gumnut Gossip and the poem at the end. Very apt, right on the knocker. 'Them's my sentiments prexactly,' as an old acquaintance of mine used to say.

Rather steamy now, GR 89 is dropped on the bathroom floor to dry off and I warm up the water and slide under, reflecting on the entertainment and information this magazine must bring to thousands of readers. Feedback letters describe hopes and sometimes impossible dreams, naivety and knowledge. Most of the dreams seem to point northward to northern NSW and Qld. Perhaps they think living will be easier, cheaper, freer, warmer and somehow less full of problems than in Victoria, but they will find that it is not exactly a land of milk and honey up there. There are still local government regulations to observe, unsympathetic locals, long distances to travel, lack of many of the conveniences we take for granted and unexpected homesickness for friends and family.

To shift to Queensland is a bit like going overseas, with thousands of kilometres to travel at considerable cost in time, effort and money. They will in all probability find the heat, the humidity, the battle with bugs in the vegetables and the monotonous greenness over two seasons instead of four, hard to adjust to at first. Some never do, and although we hear a lot about the northern migration, we hear little about the numbers who come back, so take heed of the advice on page 15, From Cairns to Tasmania. Everyone is different and although the north is not for me, maybe those Grassrooters who take their families along with them will have less trouble adjusting. Just think about the disadvantages as well as the allure of sunshine before taking the plunge.

The water is cold, I scramble out of the bath, it's 7 pm and I've been soaking for nearly an hour, the seedlings are still sitting in the middle of the garden path. Save me from this addiction to *Grass Roots*, please!

## THE ONLY WALL PAINT GOOD ENOUGH TO TASTE!

Taste any paint other than BIO, and you'll become very very ill. They are made with poisonous synthetics. Taste Bio paint - made with safe, natural organic ingredients - and you'll be all right. Honestly!

All BIO paints, varnishes, iniquers, polishes and waxes are SAFE. They don't give off poisonous fumes - they have a healthy lemon balsam fragrance.

If any of your family or friends has allergies, BIO Products may help them. Bio Products have many other advantages too! You'd like to know more?

Write to, Or Phone:



**BIO Products Australia Pty. Ltd.**

25 Algate Terrace, Bridgewater S.A. 5155

Ph: (08) 339 1923



**CHRYSLIS SCHOOL**

FOR RUDOLF STEINER EDUCATION.

Chrysalis School is now accepting enrolments for Kindergarten, classes 1 - 6 Primary level and classes 7, 8, 9 & 10 Secondary level

We offer a Government approved curriculum for years 1 - 10, culminating in School Certificate and HSC Certification if desired. ( year 11 is proposed for 1993, year 12 for 1994 )

Our caring teachers will explore your child's individual potential as recommended by Rudolf Steiner in his Anthroposophical teachings

Chrysalis School is built using organic architecture within a bush setting in the beautiful Bellinger Valley

We offer small classes, with comprehensive language studies, music, craft, eurythmy and performing arts

Chrysalis fee levels are reasonable with Bursaries available if required

FOR MORE INFORMATION

Phone or write to our Administrator Yvonne Nicholls

Tel & fax (066) 558616

Chrysalis School for Rudolf Steiner Education  
Darkwood Road Thora NSW 2454



# Going Solar

ENERGY AGRICULTURE SELF SUFFICIENCY

320 Victoria Street, North Melbourne 3051  
(03) 328 4123

.....  
**Send 4 stamps for  
catalogue. List  
areas of interest  
and name of this  
publication.**  
.....

### DEPT 1 AGRICULTURE

Beekeeping Equipment.  
Vegetable & Herb Seeds.  
Horto Paper (Mulch).

### DEPT 2 PUBLICATIONS

Books & Magazines on a  
wide range of subjects.

### DEPT 3 GAS

Gas Hot Water Services.  
Gas Refrigerators.  
Gas Room Heaters.  
Gas Log Fires.

### DEPT 4 ELECTRICITY



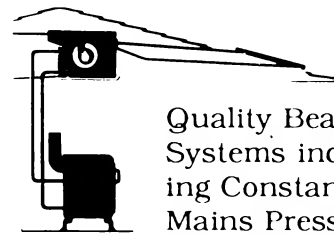
**BP solar**

Battery Chargers.  
Change Over Switches,  
Control Panels, and  
high efficiency lights  
parts and appliances.

### DEPT 5 FOOD

Stone Flour Mills.  
Burr Mills  
Hand Juicers  
Bread Tins & Yeast.  
Sprouting Tubes & Trays.  
Twinings Tea.

### DEPT 6 SOLAR HOT WATER



Quality Beasley  
Systems includ-  
ing Constant &  
Mains Pressure.

**SAVE ON WATER HEATING**

### DEPT 7 WOOD STOVES

A range of quality space  
wood heaters: Coonara,  
Arrow, Nectre, Jotul,  
and Maxiheat.

### DEPT 8 WATER PUMPING

Floating Dam Pumps.  
Borehole Pumps.  
12v Domestic Pumps.

### DEPT 9 SHELTER

Mud Brick Moulds  
& Presses.  
Bio Paints & Varnishes.  
Seagrass Insulation.



